

INVER GROVE HEIGHTS

Parks & Recreation

Summer
Registration
Kick-Off

ONLINE, ALL DAY

**Saturday,
April 9**

Summer 2022

New Programs!

- Adult Kickball League
- Outdoor Education Camps
- Canoe, Fish and Hike
- Skateboarding
- Sewing

Upcoming Special Events!

- Kids Garage Sale
- Touch-a-Truck
- Movie in the Park
- Terrific Tuesdays
- Food Truck Days
- Job Fair

Get
**THE
SCOOP**

On Active Adults
55+ programs



www.ighmn.gov/parksandrecreation



Summer 2022

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2022 = No Limit to YOU

“You’ll never be bored when you try something new. There’s really NO LIMIT to what YOU can do.”

– Dr. Seuss

What are your plans for this summer? Is there something new that you have always wanted to do? Let’s try something new together!

Here are some fun options to consider...

For kids: Try archery, tennis, horseback riding, sports leagues, ice skating, swim lessons or even musical theatre performance!

For adults: Learn tennis, pickleball, yoga or tai chi, work with a personal trainer, or attend Outdoor Boot camp.

For families and all ages: Play golf or disc golf, go on a bike ride on the Mississippi River Greenway or take a hike at Harmon Farms, and of course eat some tasty treats at the Food Truck Events!

... plus many more NEW things inside this brochure!

And speaking of NEW....Please join us in welcoming new Parks and Recreation Director Adam Lares. Adam comes to the City of Inver Grove Heights after 18 years with the nationally recognized Minneapolis Park and Recreation Board. During his time there, he managed seven recreation center park complexes and 20 playground parks and trail sites. Put simply, Adam is an expert in creating fun and memorable experiences for communities to enjoy.

“I am excited to join the community of Inver Grove Heights and share my commitment to championing the role that parks and recreation plays in improving quality of life,” Adam says I plan to take an active role in engaging with residents to understand their goals and priorities, and partner with community stakeholders to foster strong support and advocacy for parks and recreation initiatives. If you see me at the VMCC or an event this summer, please stop and say hello.”

We hope to see you this summer!

– Your IGH Parks and Recreation Team

www.ighmn.gov/parksandrecreation

Community and Special Events — See pages 57–60 for details.

DIRECTORY

Guest Services/	651-450-2480
Parks & Recreation Office	
Advertising/Marketing	651-450-2508
Birthday Parties	651-554-3423
Fitness Center	651-554-3420
Ice/Turf Rental	651-450-2468
VMCC Facility Rentals	651-450-2468
Summer Kids R.O.C.K.	651-450-2580
*Weather Line	651-450-2595

REGISTER FOR PROGRAMS AND EVENTS

Call 651-450-2480 or visit www.ighmn.gov/register



Like Us on Facebook!

Get updates on upcoming programs, events, local happenings and more on facebook! Search for **Inver Grove Heights Parks and Recreation**.

REQUEST AN ACCOMMODATION The City of Inver Grove Heights is willing to provide reasonable accommodations to allow effective communication and participation in programs and activities. If you would like to request an accommodation for a program, please contact the Parks & Recreation Office at 651-450-2585. Sponsorships available for these with qualifying need.



INVER GROVE HEIGHTS PARKS & RECREATION

Now Hiring!

JOIN OUR
TEAM AT
THE VMCC!



Competitive Wages ★ Flexible Schedules
Free Membership to VMCC ★ Part-time



Guest Services ★ Child Care Attendants

Skate Guard ★ Aquatic Supervisors

Skating Instructors ★ Pool Attendants

Water Safety Instructors ★ Lifeguards

Fitness Attendants & Instructors

Personal Trainers ★ VMCC Operations Helper

Check online for current listing of positions and apply online
www.ighmn.gov/jobs or call **651-450-2480**

Veterans Memorial Community Center · 8055 Barbara Avenue · Inver Grove Heights

Scholarships Available!

IGH Parks and Recreation offers scholarships to youth living in Inver Grove Heights to participate in our programs based on financial need.

To complete an application please go to
www.ighmn.gov/scholarship



The 2022 Scholarship Program is funded by the American Legion Post #424.

Like Us on Social Media!

Get updates on upcoming programs, events and more! Search for Inver Grove Heights Parks and Recreation.



IGHParks



@IGHParks



IGHparksrec

The VMCC follows the Minnesota State COVID-19 protocols.

Go to www.ighmn.gov/COVID-19 for the most up-to-date information



IGH Summer Park & Rec Highlights

1

Get the Scoop for 55+

See [pages 43–47](#) for activities, programs and speakers coming this summer.

2

Join the VMCC May 1–June 15 and pay no enrollment fee!

www.ighmn.gov/memberships

3

News Flash! DON'T MISS OUT!

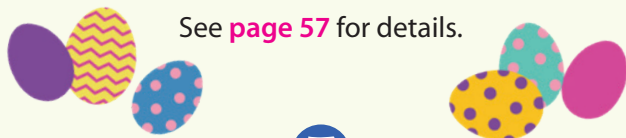
Sign up to get email notifications from us about the Parks and Rec programs and events you love.

Go to www.ighmn.gov/list.aspx to sign up.

4

Hippity Hop over to THE EGG HUNTS

See [page 57](#) for details.



5

Youth Fitness Classes

See [page 14](#) for our specialty class listings!

6

Jump, Dance, Laugh – Terrific Tuesdays are back!

See [page 59](#) for details.

7

Lots and Lots of Fun Summer Camps!

Register early! See [pages 35–40](#).

8

Touch-A-Truck

Coming this May!

See [page 58](#) for details.



9

★ April 9 is Summer Registration KICK-OFF DAY! ★

See [page 5](#) for more information.

10

NEW OUTDOOR YOUTH PROGRAMS!

EcoElsa Outdoor Education Camps and Canoe, Fish, Hike program

See [page 40](#) for more information.

11

Birthday Pool Themed Parties

Mermaids? Pirates? Beach fun?

We've got your birthday party planning covered. We've also added a larger room to allow for more social distancing.

See [page 55](#) for details!



12

Food Truck Days!

And family activities, see [the back cover!](#)

4 Ways to Register for IGH Parks and Recreation Programs

We have four ways you can register for all our fun IGH Parks and Recreation programs.

1 Online: Visit ighmn.gov/register and click on the gold **Sign In/Up** button (see graphic on right) and it will walk you through the simple registration process.

2 Scanning the QR code with your device and it will jump to our registration page.



3 Calling: 651-450-2480

4 Stop by the VMCC Guest Services Desk and visit with our staff!

If you have any questions or concerns, please contact us at parksandrecreation@ighmn.gov or call 651-450-2480.

SUMMER YOUTH Registration Kick-Off

Online All Day: Saturday, April 9

\$50 GIFT CARD!

We're kicking off summer in a big way!

Register **ONLINE** on Sat., April 9 for **Summer Youth Programs*** and you'll be entered into a drawing to WIN one of two **\$50 IGH Parks & Rec gift cards!**

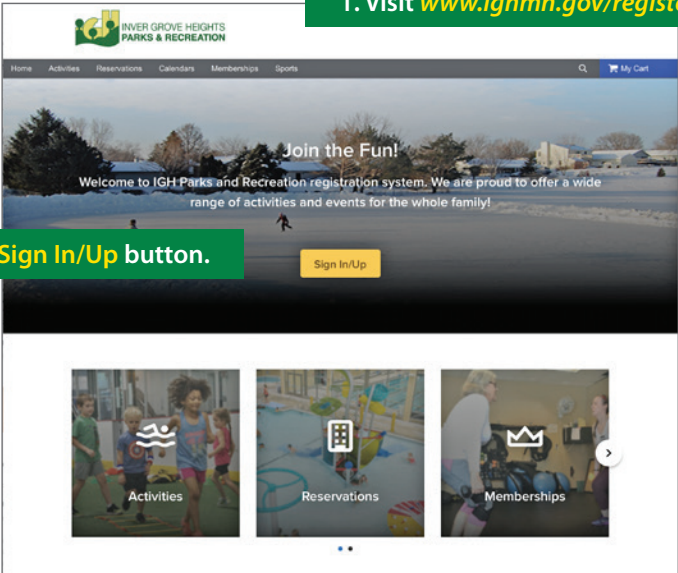
ighmn.gov/register

The more programs you register for, the more chances you have of winning!

*Kids R.O.C.K. registration is not eligible for this event

New to our online Parks & Recreation registration system? HERE ARE SOME HELPFUL HINTS:

1. Visit www.ighmn.gov/register



2. Select the **Sign In/Up** button.



Home > Sign in

Sign in

*Email address (Required)

*Password (Required)

[Forgot your password?](#)

Sign in

[Don't have an account? Join](#)

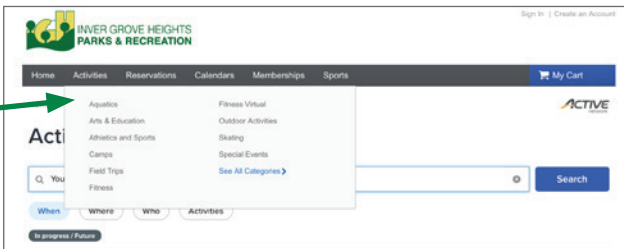
3A. CURRENT CUSTOMER: Enter your email and password. Click **Sign in** and it will take you to the registration page.

3B. NEW CUSTOMER: create your new profile in the system by clicking on **Don't have an account? Join** on the **Sign in** screen. Enter your email and create a password. Click **Sign in** and it will take you to the registration page.

If you already have an account and are unsure of your password — click **[Forgot your password?](#)** and look for an email with instructions.

Activities

Drop down menu lists categories of programs you can search.



Reservations

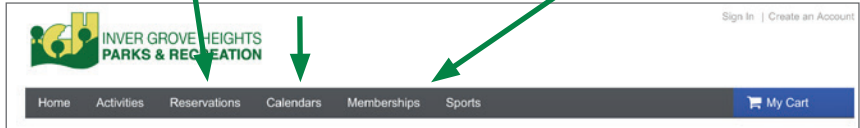
Reserve birthday party slots and picnic shelters

Calendars

Check online calendars for the Aquatic Center and Ice Rink, and pickleball schedule

Memberships

Schedule personal training



Veterans Memorial Community Center

Your local center for many fitness and recreation amenities at an affordable price!



www.ighmn.gov/communitycenter

The Veterans Memorial Community Center (VMCC) is in the heart of Inver Grove Heights, offering a **place for fun, fitness and families!** Everyone is welcome! We have something for everyone, no matter your age or ability. We offer **daily admission fees**, as well as **memberships** (see pages 7–8). Learn more about facility schedules by visiting www.ighmn.gov/communitycenter.

VMCC BUILDING HOURS*

Through May 30

Monday–Friday: 5 a.m.–9 p.m.

Saturday & Sunday: 7 a.m.–7 p.m.

May 31–September 5

Monday–Thursday: 5 a.m.–9 p.m.

Friday: 5 a.m.–8 p.m.

Saturday & Sunday: 7 a.m.–6 p.m.

VMCC HOLIDAY BUILDING HOURS

Easter • Sunday, April 17 • Closed

Memorial Day • Monday, May 30 • Closed

Independence Day • Monday, July 4 • Closed

Labor Day • Monday, September 5 • Closed

When the VMCC building is closed,
all facilities are also closed.

SPRING BREAK SCHEDULE March 28–April 1

Visit www.ighmn.gov/communitycenter

to view facility hours for the Water Park & Ice Arena

FOR FACILITY HOURS AND SCHEDULES

**Water Park, Pools, Fitness Center,
Ice Arenas, Gymnasium, and Pickleball**
please visit

www.ighmn.gov/communitycenter

or call 651-450-2480

Hours are subject to change without notice.

VMCC Amenities

The Aquatic Center

- Indoor Water Park
- 8-lane Lap Pool
- Dive Well with 1- and 3-meter diving boards
- Hot Tub

The Fitness Center

- Fitness Center including free weight area and strength and cardio equipment
- Indoor walking/running track
- Fitness studios, TRX room and cycle room
- Over 45 drop-in fitness classes per week
- Virtual fitness classes for Members
- Locker rooms (Men, Women, Family)
- Men's and women's sauna

Ice Arenas

- Two ice arenas — One year-round, the other seasonal (November–March)
- Indoor turf field (March–October)

National Guard Gymnasium

- Pickleball, basketball courts, volleyball

Childcare (ages 6 months to 11 years)

Park and Recreation offers a variety of recreation programs, such as: swim lessons, learn to skate, day camps, adult leagues and more!

Veterans Memorial Community Center

VMCC 2022 DAILY ADMISSION RATES

Community Center Member (For Membership rates see page 8)	FREE
Single (Ages 12–59)	\$9 person
Youth (Ages 1–11), Veterans (with proof), Seniors (Ages 60 and older)	\$6 person
Infant (up to 12 months)	FREE
Open Skate Youth (Ages 1–11), Veterans (with proof), Seniors (Ages 60 and older)	\$4 person/ \$36 10x pass
Open Skate Single (Ages 12–59)	\$5 person/ \$45 10x pass
Skate Rental	\$2 Member or Non-member
Open Hockey	\$6 person / \$54 10x pass
Developmental Skate	\$10 session/person; \$90 10x pass
Open Gym	\$4 Resident / \$6 Non-resident
Pickleball	\$5 person / \$45 10x pass

VMCC BUILDING RENTALS — SEE PAGE 54

Public Locker Rooms The VMCC has three public locker rooms: men, women and family. All those unaccompanied under the age of 16 must use the family locker room. The use of electronic devices is allowed but video or taking photos is strictly prohibited.

Lockers and Towels You may rent a towel for the day for \$1 each. A photo ID is required. Lockers are available for daily use in each locker room. Bring your own lock or locks are available for purchase for \$3. There are also complimentary wallet/cell phone lockers for use in the fitness hallway.

Indoor Walking and Running Track

Our indoor walking/running track is available to all members and daily admission users (18+). Athletic shoes required. We allow strollers and small children in carriers as well as those with wheelchairs to use the track at anytime. The track is 1/16 of a mile long and circles the fitness center. Youth members ages 12 to 17 may use the track and fitness center once an orientation is completed. Children who are members and supervised by a parent wearing athletic shoes may walk or run on the track as long as they do not disturb our other patrons, during these times:

School Year: Monday-Friday 1–5:30 p.m.; Saturday-Sunday 1–5 p.m.



**For Water Park, Skating and Fitness
current schedules, visit**

www.ighmn.gov/communitycenter

or call 651-450-2480

*All schedules are subject to change.

IGH Fitness Class App



The mobile app allows you to make a class reservation as well as view class descriptions, schedules, instructor information, and reserve a spot. Find it in the Apple or Google Store.

Questions? Call 651-554-3420 or www.ighmn.gov/groupfitness

Children at the VMCC

Youth ages 11 and under: May utilize the following **with an adult**

- Swim in the lap and dive pools during lifeguarded hours*
- Swim in the Water Park during lifeguarded hours only*
- Attend family open gym in the National Guard Gymnasium
- Attend pickleball open play times
- Visit our childcare

Youth ages 12–17:

May utilize the following **without an adult** present

- Youth members can use the fitness center and fitness classes upon completion of an orientation
- Water Park, Lap and Dive pools during lifeguarded/open swim hours
- Attend family open gym in the National Guard Gymnasium
- Attend pickleball open play times
- Youth 12+ may lap swim in lap pool during non-lifeguarded hours with active adult supervision.

*Swim test/wristband procedures required, see page 16.

VMCC Membership

Membership Benefits

- Access to all building facilities and amenities, including fitness center, water park and pools, ice arenas and gymnasium during specified hours, visit www.ighmn.gov/communitycenter.
- Complimentary fitness routine
- Access to over 45 free fitness classes. See [page 10](#) for Aqua, Cardio, Strength and Mind Body options for all ages! (Ages 12+)
- Discounts on classes (specialty fitness classes, personal training, swim lessons and skate lessons)
- Virtual class options
- Free childcare for children included in membership
- Insurance discounts (see right)
- Guest passes
- Free membership for Primary Care Attendants
- Discounts for adding a Nanny to a membership account
- Referral bonus when referring new members or new training clients
- Youth ages 12 and up can use the fitness center upon completion of an orientation.

www.ighmn.gov/memberships

www.ighmn.gov/memberships

MEMBERSHIP CATEGORIES	REQUIREMENTS	MONTHLY DUES	ANNUAL DUES	10X PASS
Single	Ages 12–59	\$58	\$592	\$81
Senior	Ages 60 and older	\$45	\$459	\$54
Dual	Two people living in the same household	\$78	\$796	N/A
Household	Up to two adults plus up to four dependents, 25 and under, living in the same household	\$90	\$918	N/A
ENROLLMENT FEE \$49 Resident; \$59 Non-resident				

**Rates are subject to change*

DISCOUNTED & SUBSIDIZED MEMBERSHIP OFFERINGS

Fitness Discount Programs offered by Healthcare Insurers:

- AARP
- Active and Veteran Military Discounts
- Blue Cross Blue Shield of MN or ND
- HealthPartners
- Healthways Prime
- Medica
- Preferred One
- Renew Active
- Silver & Fit
- Silver Sneakers
- Tivity Health
- U-Care
- United Health Group

These programs are offered through your insurance plan and may allow for a free or subsidized membership. Contact your insurance provider to learn about your benefits and see if you qualify. Call 651-450-2480 for details.

Childcare Center

Childcare is available for infants and youth 6 months to 11 years of age for guests and members while they use the VMCC facilities. Each visit is for 1.5 hours long.

Hours of Operation

Monday–Saturday:
9–11:30 a.m.

Monday–Thursday: 4–7 p.m.

Cost:

Free for Members whose children are included on their membership.
\$5.25 for Non-members

VMCC MEMBERSHIP
JOIN NOW & START MOVING!

SPEND TIME WITH FRIENDS
live love laugh and stay young

**GUEST PASSES • PICKLEBALL •
HOT TUB • WALKING TRACK**

FREE TO MEMBERS

VETERANS MEMORIAL COMMUNITY CENTER
www.ighmn.gov/memberships

**VMCC
SUMMER
MEMBERSHIP
SPECIAL**

Pay no
enrollment
fee between
May 1–June 15!

Fitness Center & Fitness Programs

Our state-of-the-art fitness center has what you need to get in shape and stay active all year-round.

To register for programs or an orientation go to www.ighmn.gov/fitness.



The Fitness Center

- Cardio equipment includes: arm bike, Xrides, Nustep, Rowers, recumbent and upright bikes, treadmills and stair climbers
- Free weight area includes land mine, squat racks, barbells, dumbbells, bench press and hip sled. Selectorize and cable equipment available. Private TRX and Kettlebell studio.
- Boxing bags and gloves, bikes for indoor group cycling and a wide variety of mats, bands, balls, Bosu's and more!
- Indoor walking and running track
- Fitness studios, TRX room and cycle room
- Over 45 drop-in fitness classes per week
- Virtual fitness classes for Members
- Locker rooms (Men, Women, Family)
- Men's and women's sauna



Fitness Attendants on Duty

SUMMER HOURS (Effective May 31)

Fitness attendants are on duty to answer your questions and keep the fitness floor clean and safe. Attendants are available during the following hours (subject to change):

- **Friday:** 7 a.m.–5 p.m.
- **Saturday:** 8 a.m.–Noon
- **Monday–Thursday:** 7 a.m.–7 p.m.

"Certified Personal Trainer, Teri assisted me with my complimentary fitness routine. She was very patient, answered all my questions and improved my confidence level. Very motivated to utilizing my new routine often!" – SANTHA

Initial Fitness Routine

FREE New member; \$35/10x pass holder or non-member

A member of the fitness staff will set you up for success! Assess your goals. Discuss classes that will work for you. Receive a written program to follow. They can also teach you how to use our app or navigate our website for schedules. Call 651-554-3420 or register at www.ighmn.gov/fitness to schedule an appointment.

★ INDOOR TRI ★

ACCEPT THE CHALLENGE TO GO THE DISTANCE!

How many laps can you swim in 10 minutes? How many miles can you run on the indoor track in 20 minutes, and stationary bike in 30 minutes?

All who participate will challenge will receive a T-shirt. Prizes awarded by age category:
12-18, 19-39, 40-55,
56-69 and 70+



**Sunday, April 10
8–9:30 a.m.**

**Fee: \$20 Member
\$35 Non-member**

Code: FP-P151

Location: VMCC

Register by Sunday, April 3

Indoor Walking and Running Track See page 7

Group Fitness Classes

Reservations are required.



IGH Fitness Class App

The mobile app allows you to make a class registration as well as view class descriptions, schedules, instructor information, and reserve a spot. Find it in the Apple or Google Store. Questions? Call 651-554-3420 or www.ighmn.gov/groupfitness



Virtual options are available for all classes except: Cycle, Aqua, SilverSneakers and outdoor Yoga.



HI High Intensity Classes JF Joint Friendly Classes

CARDIOVASCULAR CLASSES	DESCRIPTION	
Aqua Exercise	Low-impact cardio workout in 3–7 feet of water	JF
Aqua Zumba	Low impact Zumba themed cardio workout in 3–5 feet of water	
Cardio Sculpt	Full body workout with intervals of cardio and strength	HI
Deep Water Exercise	No impact water workout in 10–13 feet of water with floatation belt.	JF
Group Cycle	Climb hills, sprint and do intervals on a stationary bike to music	JF
HIIT (High Intensity Interval Training)	High intensity cardio and strength interval training	HI
Power Step	Moderate- to high-impact fast-paced step class	HI
STRONG	Fitness interval training and martial arts moves timed to music	HI
Zumba	World dance rhythms to make you sweat	

The VMCC's Fitness Center offers 45+ drop-in group classes each week. Classes which incorporate all fitness levels!

- Classes are included with a membership; See [page 7](#) for daily admission and 10x pass holder rates.
- Classes open to ages 12 and older.

ACTIVE 55 PLUS ADULT CLASSES	DESCRIPTION	
Joints in the Pool	Gentle range of motion exercises in 3 feet of water	JF
Silver Splash	Low impact water workout for strength and range of motion in 3–5 feet of water	JF
Sculpt & Stretch	Low impact cardio warm up, light muscle strengthening, abs and no-nonsense stretching	JF
Silver Sneakers Classic	Cardio and strength exercise using bands, balls and weights with chair support	JF
Silver Sneakers Yoga	Simple and safe Yoga exercises performed standing or with a chair	JF
Zumba Gold	Latin Dance at a moderate tempo	JF

MIND/BODY CLASSES	DESCRIPTION	
Yoga Fitness I	This Yoga class includes basic Vinyasa flows with more time to move in and out of poses and more time spent on flexibility and range of motion.	
Yoga Fitness II	Vinyasa flow class to challenge your core, strength and balance	
Yoga Fusion	A flowing combination of Tai Chi, Pilates and Yoga	
Outdoor Yoga	Enjoy basic flows, stretching, balance, posture and relax in the presence of nature	
Tai Chi Express	Practice the complete 24 forms of Tai Chi for Arthritis. New to Tai Chi? Register to attend Tai Chi for Arthritis I & II (see page 11 for details)	JF

STRENGTH CLASSES	DESCRIPTION	
Barre Fusion	Sculpt arms, legs, glutes and abs using Pilates and Ballet Barre methods	
Muscle Mix	Resistance training using bands, balls, weights and barbells	
Body Blast	Full body strength workout using barbells timed to music	

Specialty Fitness Classes



Spice up your workout routine with one of our specialty classes, designed to challenge and invigorate!

Spring Session Begins May 2

Summer Session Begins July 11

For class dates, times or to register go to

www.ighmn.gov/fitness

or call 651-450-2480.

Register at least one week prior to class start date to reserve your spot!

Ages 12 to adult may register.

Classes are subject to change based on staff availability and participant registration.

CLASS TITLE		DESCRIPTION	SESSION FEES MEMBER/NON-MEMBER
Virtual option	Back to Balance	Designed for individuals who would like to improve balance and coordination to aid them in everyday activities.	\$45/\$65 (8 50 min. sessions)
	Boot Camp/Outdoor Boot Camp (60 min.) Boot Camp Express (40 min.)	Trainers will push you to achieve your fitness goals with fun, challenging workouts utilizing a variety of equipment including TRX, kettlebells and battle ropes. Stay motivated and work as a team to burn mega calories! Class will take place outside weather permitting.	\$45/\$65 (OBC: 8 60 minute sessions) \$69/\$109 (BC: 16 60 minute sessions; BCE: 24 40 minute sessions)
	Core for Performance	Utilize TRX, kettlebells, BosuBalls and other equipment to improve core strength and improve your golf swing and other athletic performances.	\$45/\$65 (8 50 min. sessions)
	Tai Chi for Arthritis	Relax, improve balance, posture, coordination and mindfulness by learning this ancient Chinese martial arts that has been modified for those with arthritis or joint concerns. Session 1: Learn the first 8 moves of the flowing sequence. Session 2: Learn the second 8 moves. Complete the series and practice in our Tai Chi Express class.	\$45/\$65 (8 50 min. sessions)
	Food & Fitness	Trainers help you educate yourself to make better food choices, set goals and be accountable in class and online. And learn a different type of low-impact workout each week. Class will be 30 minutes of education and goal setting and 30 minutes of fitness.	\$45/\$65 (8 60 minute sessions)
	Strength Training Circuit	Work with a certified trainer in a small group setting to effectively strengthen your muscles. Learn proper format and technique to prevent injury and improve metabolism.	\$69/\$109 (16 50 minute sessions)
	TRX Bell	This time efficient class will elevate your heart rate and strengthen your whole body. Improve your form on Kettle bell moves such as a swing, clean and press, snatch, halo, around the world, deadlift and row. Increase core strength suspending your body in TRX planks, pushups, saws, mountain climbers and more! Class will take place outside weather permitting.	\$69/\$109 (16 50 minute sessions)
	Walk with Ease	We will warm you up, stretch you out, help you set and achieve walking goals. Improve activity, endurance and strength including upper body strengthening with resistance bands. Nordic Walking Poles will be available. Prizes will be awarded for those who attend all the sessions.	\$45/\$65 8 sessions
	Yoga for Joint Mobility	This restorative YIN style class will increase joint strength and range of motion by focusing on deep connective tissues of the hips, pelvis and lower spine. Each participants posture and health conditions will be assessed to provide a specific Yoga prescription unique to their body.	\$45/\$65 (8 50 minute sessions)

Personal Training

If you are ready to learn how to live a healthier life while striving for results, or bring your fitness to the next level, then let one of our personal trainers help you design the right fitness program for you!



A Trainer Can...

- Design a personalized fitness program
- Provide assistance and motivation
- Help you meet your fitness goals
- Help you fit exercise into your busy schedule
- Create time-efficient workouts
- Teach you proper form and technique
- Provide aqua stretching or assisted stretching
- Provide Wellness Coaching and nutrition education.
- Return you to pre-injury performance

Fitness Assessment

The first step to your fitness journey is to assess your fitness level and discuss your goals. Contact Amy Crary at acrary@ighmn.gov or call 651-554-3420 to set up an appointment.

Fee: Free to new members or with personal training consultation for non-member. *Details for 10x pass and membership, see page 8.*

- Measurements and/or body composition
- Blood pressure check
- Posture analysis
- Flexibility testing
- Cardiovascular or strength test
- Balance and functional testing

All trainers hold a nationally accredited personal training and CPR/First Aid certificates.

For more personal training information, to see a list of our nationally certified Personal Trainers and their bios, or to set up an assessment go to

www.ighmn.gov/personaltraining

★ Shape Up for Spring ★

PERSONAL TRAINING

May 1–15, 2022

(max 9 sessions)

Pay only \$55 per hour Member

\$65 per hour Non-member

Save \$10 per session Use code: PT SPECIAL

Personal Training Rates

SESSIONS/ TIME	MEMBER	NON- MEMBER
30 minutes		
1–9 sessions	\$35	\$45
10 sessions	\$30	\$40
20 sessions	\$25	\$35
60 minutes		
1–4 sessions	\$65	\$75
5–9 sessions	\$60	\$70
10 sessions	\$55	\$65
15 sessions	\$50	\$60
20 or more sessions	\$45	\$55

**NEW
CLIENT
SPECIAL**

Purchase two or four 60-minute sessions and save \$15/session!

2 session package:

\$100 session Mem.;
\$120 session Non-mem.

4 session package:

\$200 session Mem.;
\$240 session Non-mem.

Visit our website for group training options and rates

Want to train with a partner or a bridal party? Go to www.ighmn.gov/personaltraining to see our group training rates. Share the fun and reduce the cost!

GROUP TRAINING

(60-minute sessions; cost per person)

Number of People	Member Cost Per Person	Non-member Cost Per Person
2	\$40	\$50
3	\$35	\$45
4	\$30	\$40
5	\$25	\$35
6	\$20	\$30

VETERANS MEMORIAL COMMUNITY CENTER

MEET OUR TRAINERS

For trainer availability and to set up an appointment for a fitness assessment, call **651-554-3420** or email **acrary@ighmn.gov**



Amy Crary
ACE, Fitness Coordinator
acrary@ighmn.gov
20 YEARS OF SERVICE



Claudia Biebert
NETA
cbiebert@ighmn.gov
16 YEARS OF SERVICE



Cameron Mulvihill
NETA
cmulvihill@ighmn.gov
3 YEARS OF SERVICE



Kayla Wirkus
NETA, BS Nutrition
kwirkus@ighmn.gov
6 YEARS OF SERVICE



Laura Perry
NETA
lperry@ighmn.gov
2 YEARS OF SERVICE



Mitchell Montgomery
NSCA
mmontgomery@ighmn.gov
10 YEARS OF SERVICE



Shari Boeckman
NETA
sboeckman@ighmn.gov
8 YEARS OF SERVICE

"Tom Keller has worked with me for seven years. He has tremendous skills in strength and core training, health and nutrition. He has encouraged and challenged me with his personalized 60 minute workout routines."

- BERNADETTE

"Kayla inspired me to exceed my strength goals, increased my body awareness, improved my muscular alignment and educated me on healthier food choices! She is very professional workout routines."

- CECE



Teri York, SCW
tyork@ighmn.gov
3 YEARS OF SERVICE



Tom Keller, NETA
tkeller@ighmn.gov
11 YEARS OF SERVICE



Tom Krohn, NETA
tkrohn@ighmn.gov
5 YEARS OF SERVICE

See page 12 for
Personal Training
Special!

Youth and Teen Fitness Programs



Youth InstaFit Ages 7–11

Increase balance, endurance, speed, agility and strength. Class will infuse cardio with resistance and core exercises using tools such as balls, bands, BOSU and light dumbbells.

Wednesdays, 6:30–7:20 p.m., Brightside room

April 6–27	Code: FP-P160	Fee:
May 4–25	Code: FP-P161	\$20 Member
June 8–29	Code: FP-S160	\$40 Non-member

Teen Fitness Routine

All youth members ages 12–17 may use the fitness center unsupervised once they complete a session with staff to learn safe exercises. Participants receive a written program to follow.

- Youth ages 12–14 **must wear a wrist band.**

Call the fitness office at 651-554-3420 or ighmn.gov/fitness

Fee: Free member; \$35 – 10x pass holder
(Replace lost wrist band: \$5)



Pre-Swim Team Ages 8–14

Rule the pool, strengthen your swimming skills and learn new techniques in our pre-swim team practice. This class offers swimmers age 8–14 (**swim level 4 and above**) the opportunity to explore what it is like to be on a swim team, learn from our coaches and work with your teammates to be your best! **Location:** VMCC Pool

PRETEAM 1 LEVELS 4+ Tuesdays; 7:15–8 p.m.

June 4–August 9
(Skip July 5)
Code: 1C1T5

8 Class Fee:
\$90 Member; \$110 Non-member

PRETEAM 2 LEVELS 5+ Monday/Wednesday; 7:15–8 p.m.

Session 1: June 13–July 13 (Skip July 4, 6)
Code: 1C2W5
Session 2: July 18–August 10
Code: 2C2W5

Teen Liftoff! Ages 12–14

Monday, June 13–August 12

This summer program* is a great opportunity for teens to learn how to use the equipment in our fitness center to gain confidence while working out. Strength training and cardio are pivotal in establishing and maintaining lifelong health.

WORKOUT in the fitness center **Monday–Friday, 1–4 p.m.** after attending an orientation and under the direction of a fitness staff.

SWIM — jump off the high dive, splash down the slides or swim in the lap pool **Monday–Friday, 1–7 p.m.***

SKATE — **Monday–Friday** during open skate, see schedule at www.ighmn.gov/skate. * Skate rental is available.

BOOT CAMP — Reserve a spot with our Ap to attend Teen Boot Camp (small group training class) **Monday–Thursday, 12:10–1 p.m.**

FUN! — Track your progress and earn rewards.

***KICKOFF:** Sign up to attend in Teen Orientation which must be completed to participate in the Teen Liftoff! program.

Fee: Free for VMCC Members; \$69 Non-members

Code: FP-S169 Register online at www.ighmn.gov/fitness

Parents will have to sign the registration form and medical release forms for their child(ren). These forms will be emailed.

** Schedules subject to change*



Youth Sports Training Groups of 6 to 15

Our personal training staff offers individual and team training for different sports, including:

- Track and Field
- Softball/Baseball
- Hockey
- Volleyball
- Dance/Skating
- Soccer

Training can include:

• Agility	• Boxing	20 sessions	\$55/session
• Aqua Running		15 sessions	\$60/session
• TRX, Kettle Bell		10 sessions	\$65/session
• Strength Training		5 sessions	\$70/session
And much more!		1–4 sessions	\$75/session

For more information contact Amy Crary at acrary@ighmn.gov or 651-554-3420.

AQUATICS at the VMCC

Head to the pool
this summer
and splash
with us!

Visit ighmn.gov/pools for
current open swim availability

At the VMCC Water Park we strive to maintain a safe and friendly aquatic environment for all ages and abilities.

Indoor Water Park, Lap Pool & Dive Well

The VMCC Aquatic Center has everything you need for you and your family. We offer an indoor Water Park, an indoor 8-lane Lap Pool and an indoor Dive Well with three diving boards. Make sure to check-out the following pages for Water Park and Pool hours, rates, classes and special events.

Indoor Water Park

The indoor Water Park features a zero-depth entry pool, a large play structure with splash features, two small water slides, spray toys, a hydro helix, water table and two large water slides.

Lap Pool and Dive Well

The lap pool is an 8-lane, 25-yard pool. The lap pool is used for adult lap swim (ages 18+ and older), open swim, and swimming lessons. The dive well features two 1m diving boards and a 3m diving board. Diving boards are only available during specified open swim times. Both the Lap Pool and Dive Well were renovated in 2019.

*Ages 12-17 may participate WITH supervision of an adult age 18+.



Open Swim Rules

TIPS FOR A SUCCESSFUL VISIT

The following is a list of tips for open swim (water park, lap pool and dive well).



- Yellow wristband swimmers 42 inches or taller may use the water slides.
- Hot tub use is for ages 16 and older.
- Children 11 years and younger may swim in our aquatics facility during designated open swim with an adult.
- US Coast Guard-approved floatation devices are allowed in pool area. We have a few available to borrow.
- All users of life jackets must be within an arm's reach of an adult.
- Family locker room is available for those with young children.
- 18 or older are welcome to swim in lap pool at anytime.
- Swim test/wristband procedures utilized for safety.



OUR LIFEGUARDS are drilled on a daily, weekly and monthly basis to ensure they are always prepared to prevent incidents and respond in case of an emergency. Lifeguards are always on duty during swim lessons and open swim hours. All lifeguards are nationally certified American Red Cross Lifeguards.

SAFETY FIRST

POOL WRISTBAND POLICY

To assist in ensuring a safe environment is maintained in all of our pools, we use a three-color wristband policy.

Children 11 years of age and younger will be given an identifying wristband upon entry to the VMCC Aquatic Center. Wristbands identify swimmers capability, age and supervision requirements.

This policy addresses age and swimming ability to ensure all children are adequately supervised and accompanied. We appreciate your cooperation and support.

Red: Ages 0-5



Touch Supervision Always Required

Must be accompanied by an adult who is responsible for their direct supervision and must be within arm's reach at all times.

Yellow: Ages 6-11



Always accompanied in water in the Lap Pool

If swimmer has not passed the facility swim test, they must remain in the water park area or shallow end of Lap Pool and be directly supervised by a responsible adult.

Green: Ages 6-11 * IF Pass Facility Swim Test*



May be in the water without an adult (adult must remain in pool area)

*Green wristbands are required to swim in the deep end of the Lap Pool & anywhere in the Dive Well, including use of diving boards. This replaces the yellow wristband and the swimmer does not have to be accompanied in the water.

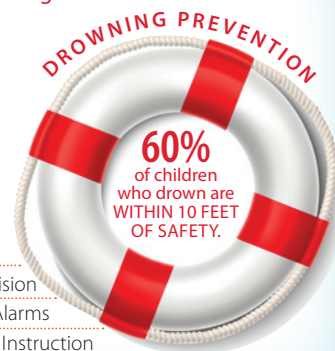
Drowning is the leading cause of death for children ages 1-4 years old. Knowing how to be safe in and around the water is a lifesaving skill.

88%

of kids who drown are under adult supervision.

Drowning is preventable by following three layers of prevention:

- 1 Adult Supervision
- 2 Barriers and Alarms
- 3 Formal Swim Instruction



Open Swim **SPRING GENERAL** Schedule





MARCH 4–JUNE 9, 2022

Schedule is subject to CHANGE – PLEASE ALWAYS CHECK
online at www.ighmn.gov/pools for the current monthly schedule.

Amenities may be temporarily unavailable at times due to staffing levels

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Water Park Sensory Friendly 10–Noon 		Water Park Sensory Friendly 10–Noon 	Water Park 10 a.m.–Noon 	Water Park Sensory Friendly 9 a.m.–Noon 	
SPRING BREAK MARCH 28 – APRIL 1 AND APRIL 15 OPEN SWIM All Pools Daily Noon–5 p.m. (In addition to this schedule.)					All Pools Noon–5 p.m.    	All Pools Noon–3 p.m.    
Water Park 5–8 p.m.  	Water Park 5–8 p.m.  	Water Park 5–8 p.m.  	Water Park 5–8 p.m.  	Water Park 5–6:30 p.m.  	All Pools 6:30–8:30 p.m.    	
				FRIDAY, JUNE 3 Pools closed 5–8:30 p.m.	Water Park 3–5 p.m.  	

Please note this is a general schedule subject to change. For day of information please visit www.ighmn.gov. Questions? Call the front desk at 651-450-2585.

KEY:  Features (bucket) ON  Slides ON  Diving Boards Open  Lap Pool Open Amenities subject to change.

*Sensory Friendly Open Swim



This special time is **OPEN TO ALL** and is ideal for swimmers seeking a sensory friendly experience at our Water Park while the water features are off. **Perfect for toddlers!**

Open Swim is open to the community for daily use:

Ages 1–11: \$6
Ages 12 and older: \$9






































Open Swim is a benefit of Membership at the VMCC

For more information about Membership see page 8.


















































The Aquatics Center is likely to have significant, necessary POOL MAINTENANCE THIS SUMMER. At the time of printing, the timeline for the project is unknown. Watch for more updates in mid-April. Staff will communicate any revised schedules as soon as we have them.





OPEN SWIM JUNE 10–AUGUST 14, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*	SUNDAY
Water Park 9 a.m.–Noon  	Water Park 9 a.m.–Noon  	Water Park 9 a.m.–Noon  	Water Park 9 a.m.–Noon  	Water Park 10 a.m.–Noon  	Water Park Sensory Friendly* 9 a.m.–12 p.m. 	
All Pools 1–7 p.m.    	All Pools 1–7 p.m.    	All Pools 1–7 p.m.    	All Pools 1–7 p.m.    	All Pools 1–7 p.m.    	All Pools Noon–5:00 p.m.    	All Pools Noon–5:00 p.m.    

OPEN SWIM AUGUST 15–SEPTEMBER 4, 2022

NOTE: VMCC IS CLOSED ON SEPTEMBER 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Park 9 a.m.–Noon  	Water Park 9 a.m.–Noon  	Water Park 9 a.m.–Noon  	Water Park 9 a.m.–Noon  	Water Park 9 a.m.–Noon  	Water Park Sensory Friendly 9 a.m.–Noon 	
All Pools 1–3 p.m.    	All Pools 1–3 p.m.    	All Pools 1–3 p.m.    	All Pools 1–3 p.m.    	All Pools 1–3 p.m.    	All Pools Noon–5 p.m.    	All Pools Noon–5 p.m.    
Water Park 3–7 p.m.  	Water Park 3–7 p.m.  	Water Park 3–7 p.m.  	Water Park 3–7 p.m.  	Please note these are general schedules subject to change. For day of information please visit www.ighmn.gov/pools . Questions? Call the front desk at 651-450-2585.		

KEY:  Features (bucket) ON  Slides ON  Diving Boards Open  Lap Pool Open Amenities subject to change.

Swimming Lessons

The City of Inver Grove Heights Summer Swim Lessons



ALL SWIMMING LESSONS are taught by caring and compassionate professionals who focus on student needs. Instructors are required to attend on-going training to ensure they are up to date with the latest teaching strategies and safety guidelines. All of our instructors are nationally certified in American Red Cross Water Safety Instruction.

Our swim lesson program is designed for **year-round participation**. Swimmers are encouraged to continue swimming in order to build upon their current skills while being introduced to new skills.

Typical class size is six participants.

We are happy you have chosen the VMCC to enhance your family's water safety knowledge and swimming abilities.

On the following pages you will find class descriptions and schedules

TO REGISTER
visit www.ighmn.gov/register

What level Swim Lesson should I enroll in?

Choosing the appropriate swim lesson level is best left to the professionals! If you are new to the pool OR have been away from lessons/swimming for more than three months please enroll in level 1 for your child's age.

If you believe your swimmer should be enrolled in a higher level please complete a swim lesson level assessment (regardless of previous level registration).

Swim Lesson Level Assessments will be offered during any open swim time.

No registration necessary. Please allow 10 minutes for the assessment, and be prepared for swimmer to enter the water.

Go to www.ighmn.gov/pools for open swim schedule.

Swim lessons encourages play and teaches lifesaving skills. **We know that practice makes perfect that is why we are allowing students to remain in the pool with their accompanying adult (16+) for 30 minutes of practice immediately following their lesson.** You will be required to stay within arm's reach of your swimmer.

PLEASE NOTE:

- Lessons require pre-registration.
- Group Lessons will have a maximum of six to eight students per lesson.
- Registered participants will be allowed additional 30 minute independent "instructional" swim time without instructor. Immediately after your lesson depending on start time, adult must remain within arms reach of swimmer.
- Instructional floatation aids "swim belts" will be used to assist swimmers with buoyancy, confidence, and technique.
- Make-up classes will not be available for participants who miss a class. Fees will not be pro-rated or refunded.
- Children who are not toilet-trained must wear a cloth diaper with plastic pants, or a swim diaper (Swim diapers are available for sale at Guest Services).

WAIT LISTS If you are interested in registering for a class that has reached maximum enrollment, you may place your name on a wait list. An additional class may be added in order to accommodate the waiting list. You will be contacted if we can accommodate you or your child. Please enroll in second choice in addition to waitlist.

Swim Lesson Levels

PRESCHOOL LEVELS

PARENT/CHILD LEVELS

**Ages 6–36 months with a parent/caregiver
16 years or older**

PARENT TOT: Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

PRESCHOOL LEVELS Ages 3–5

Gives young children about ages 3 to 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

Preschool 1 Introduces basic skills to parents and children, including safety topics.

Preschool 2 Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills

Preschool 3 Increase proficiency and build on skills learned in level 1 and 2, increased distance and endurance, independence introduced.

SCHOOL-AGE LEVELS Ages 5–12

Based on a logical, six-level progression that helps swimmers about 6+ years old and adults develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience.

LEVEL 1: Introduction to Water Skills

Helps participants feel comfortable in the water.

LEVEL 2: Fundamental Aquatic Skills

Gives participants success with fundamental skill.

LEVEL 3: Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper waters.

LEVEL 4: Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills.

LEVEL 5: Stroke Refinement

Provides further coordination and refinement of strokes.

LEVEL 6: Pre-Swim Team and Private Lesson

Rule the pool, strengthen your swimming skills and learn new techniques in our pre-swim team practice. This class offers swimmers age 8-14 (swim level 3 and above) the opportunity to explore what it is like to be on a swim team!

**For Swim Lesson Schedule
see pages 21–23**

PRIVATE and SEMI Private Swim Lessons

Ages 3+ Group swim lessons are not for everyone. Whether you learn better in a one-on-one environment or you prefer the convenience of planning their lessons around a busy schedule, we can accommodate you. Private Swim Lessons are a great way to improve confidence or strokes. Instructors will work with you one-on-one to develop a plan to meet your swimming goals. Private lessons are great for children who thrive with individual attention, teens, and adults who are first learning to swim, or anyone looking to perfect their strokes.

For questions email privatelessons@ighmn.gov

For more information and to register go to www.ighmn.gov/swimlessons

PRIVATE — 20 MINUTE SESSIONS

4 to 8 Lessons Packages:

\$32 per lesson Member; \$40 Non-mem.

SEMI-PRIVATE* — 30 MIN. SESSIONS

4 to 8 Lessons Packages:

\$25 per lesson Member*; \$28 Non-mem.*

*per participant

NEW book online at time of registration, dates and times available shown electronically.

**The VMCC does not match participants. In order to enroll you need a minimum of two participants.*



Now offering 1:1 ADAPTIVE SWIM LESSONS! See our new community partner for more information and to register
swimpossible.org

For questions, please contact Aquatics Coordinator, Maddy at 651-554-3423 or mrosewood@ighmn.gov

Summer Swim Group Lesson

Pool maintenance this summer may affect swim lesson schedules.
Staff will communicate any revised schedules as soon as we have them.

For questions, please contact Aquatics Coordinator, Maddy at 651-554-3423 or mrosewood@ighmn.gov

- Swim lessons are designed for ongoing enrollment year round.
- Swimmers receive a progress report $\frac{3}{4}$ through their session indicating which level to enroll in the next month/session
- **No lessons week of July 2–9**

SATURDAY (a.m.) | 1 TIME PER WEEK FOR 8 WEEKS | 30-MINUTE LESSON

SATURDAY

SESSION 1: JUNE 11–AUGUST 6

(Skip July 2)

Registration Opens April 20

Group Swim Lesson Rates (8 lessons)

\$61 Member; \$68 Non-member

TO REGISTER visit

www.ighmn.gov/register

Preschool a.m. (6 mo.–5 years)

TIME	LEVEL	CODE
9:00–	Parent Tot	1A0S1
9:30 a.m.	Preschool 1	1A1S1
9:40–	Preschool 2	1A2S2
10:10 a.m.		
10:20–	Preschool 1	1A1S3
10:50 a.m.	Preschool 3	1A3S3
11:00–	Preschool 2	1A2S4
11:30 a.m.		

School Age a.m. (5–12 years)

TIME	LEVEL	CODE
9:00–	Level 1	1B1S1
9:30 a.m.		
9:40–	Level 2	1B2S2
10:10 a.m.	Level 3	1B3S2
10:20–	Level 4	1B4S3
10:50 a.m.		
11:00–	Level 1	1B1S4
11:30 a.m.		

SUNDAY (p.m.) | 1 TIME PER WEEK FOR 8 WEEKS | 30-MINUTE LESSON

SUNDAY

SESSION 1: JUNE 12–AUGUST 7

(Skip July 3)

Registration Opens April 20

Group Swim Lesson Rates (8 lessons)

\$61 Member; \$68 Non-member

TO REGISTER visit

www.ighmn.gov/register

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
3:30–	Preschool 1	1A1N1
4:00 p.m.	Preschool 2	1A2N1
4:10–	Preschool 2	1A2N2
4:40 p.m.	Preschool 3	1A3N2
4:50–	Parent Tot	1A0N3
5:20 p.m.	Preschool 1	1A1N3
5:30–	Preschool 2	1A2N4
6:00 p.m.	Preschool 3	1A3N4

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
3:30–	Level 1	1B1N1
4:00 p.m.	Level 2	1B2N1
4:10–	Level 1	1B1N2
4:40 p.m.	Level 3	1B3N2
4:50–	Level 2	1B2N3
5:20 p.m.	Level 4	1B4N3
5:30–	Level 1	1B1N4
6:00 p.m.	Level 5	1B5N5

Lesson schedule continued on next page.

Swim Lesson Schedule is subject to change. See website for more information.

Summer Swim Group Lesson continued

MONDAY-THURSDAY SESSIONS

SESSION 1: JUNE 13-23

SESSION 2: JULY 11-21

SESSION 3: JULY 25-AUGUST 4

SESSION 4: AUGUST 8-18

SESSION 5: AUGUST 22-SEPT. 1

Registration Opens April 20

CODE NUMBER

To complete the code number, you will need to fill in the blank on the chart with the session number you would like to attend.

(1, 2, 3, 4, or 5)

MONDAY-THURSDAY (a.m.) 4 TIME PER WEEK FOR 2 WEEKS

Preschool a.m. (6 mo.-5 years)

TIME	LEVEL	CODE
9:00-	Parent Tot	___ A0M1
9:30 a.m.	Preschool 1	___ A1M1
9:40-	Preschool 2	___ A2M2
10:10 a.m.	Preschool 3	___ A3M2
10:20-	Preschool 1	___ A1M3
10:50 a.m.	Preschool 3	___ A3M3
11:00-	Preschool 1	___ A1M4
11:30 a.m.	Preschool 2	___ A2M4

School Age a.m. (5-12 years)

TIME	LEVEL	CODE
9:00-	Level 1	___ B1M1
9:30 a.m.	Level 2	___ B2M1
9:40-	Level 3	___ B3M2
10:10 a.m.	Level 5	___ B5M2
10:20-	Level 1	___ B1M3
10:50 a.m.	Level 3	___ B3M3
11:00-	Level 2	___ B2M4
11:30 a.m.	Level 4	___ B4M4

MONDAY/WEDNESDAY (p.m.) | 2 TIME PER WEEK FOR 4 WEEKS

MONDAY/WEDNESDAY SESSIONS

SESSION 1: JUNE 13-JULY 13

(Skip July 4, 6)

Registration Opens April 20

SESSION 2: JULY 18-AUGUST 10

Registration Opens July 7

CODE NUMBER

To complete the code number, you will need to fill in the blank on the chart with the session number you would like to attend.

(1 or 2)

Preschool p.m. (6 mo.-5 years)

TIME	LEVEL	CODE
4:30-	Parent Tot	___ A0W1
5:00 p.m.	Preschool 1	___ A1W1
5:10-	Preschool 1	___ A1W2
5:40 p.m.	Preschool 2	___ A2W2
5:50-	Parent Tot	___ A0W3
6:20 p.m.	Preschool 3	___ A3W3
6:30-	Parent Tot	___ A0W4
7:00 p.m.	Preschool 1	___ A1W4

School Age p.m. (5-12 years)

TIME	LEVEL	CODE
4:30-	Level 1	___ B1W1
5:00 p.m.	Level 2	___ B2W1
5:10-	Level 1	___ B1W2
5:40 p.m.	Level 3	___ B3W2
5:50-	Level 2	___ B2W3
6:20 p.m.	Level 4	___ B4W3
6:30-	Level 1	___ B1W4
7:00 p.m.	Level 3	___ B3W4
7:15-	Pre-Team 2	___ C2W5
8:00 p.m.		

Group Swim Lesson Rates (8 lessons)

\$61 Member; \$68 Non-member

TO REGISTER visit

www.ighmn.gov/register



Summer Swim Group Lesson continued

TUESDAY (p.m.) | 1 TIME PER WEEK FOR 8 WEEKS | 30-MINUTE LESSON

TUESDAY

SESSION 1: JUNE 14–AUGUST 9

(Skip July 5)

Registration Opens April 20

Group Swim Lesson Rates (8 lessons)

\$61 Member; \$68 Non-member

TO REGISTER visit

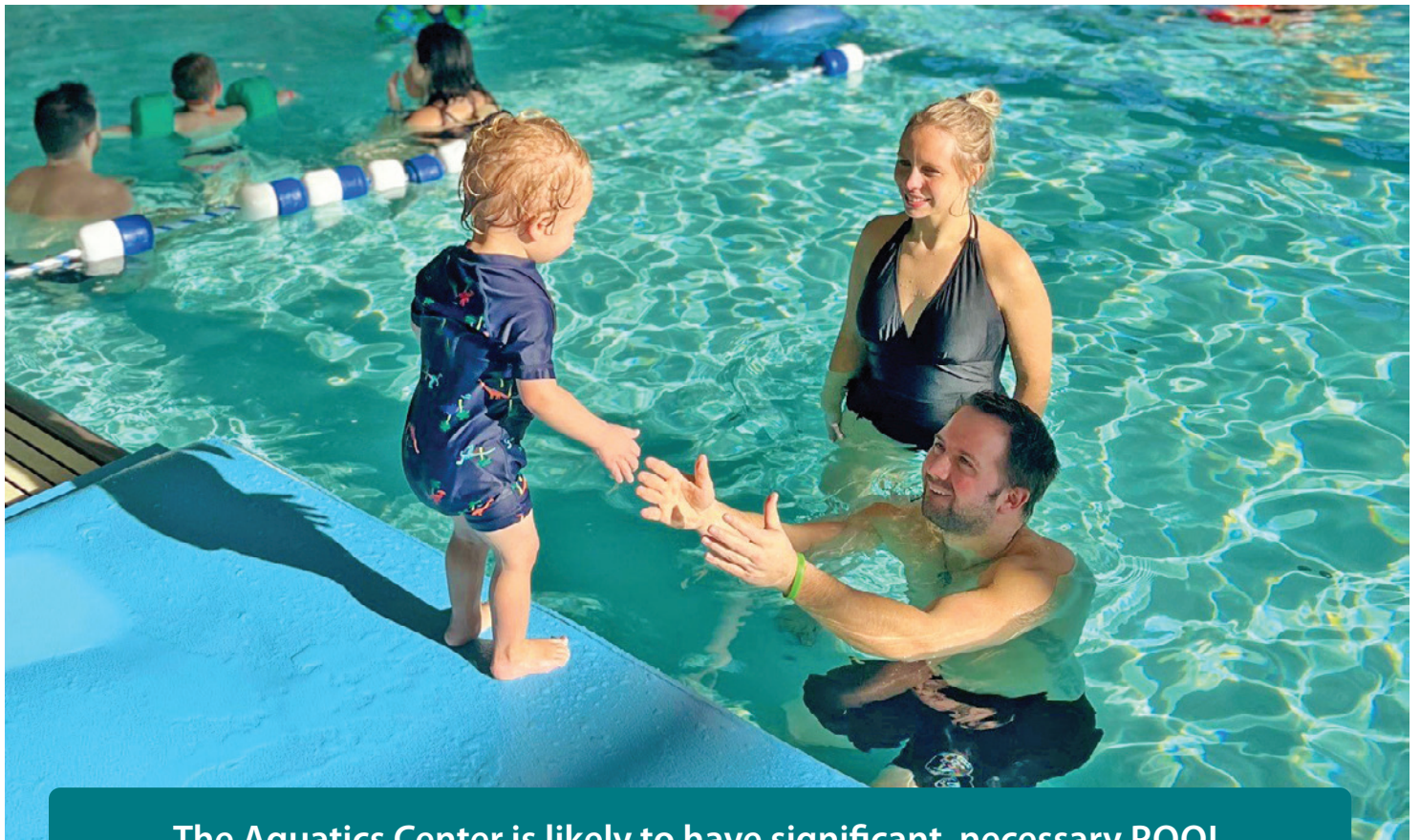
www.ighmn.gov/register

Preschool p.m. (6 mo.–5 years)

TIME	LEVEL	CODE
4:30–	Preschool 1	1A1T1
5:00 p.m.	Preschool 2	1A2T1
5:10–	Preschool 1	1A1T2
5:40 p.m.	Preschool 2	1A2T2
5:50–	Preschool 1	1A1T3
6:20 p.m.	Preschool 3	1A3T4
6:30–	Parent Tot	1A0T4
7:00 p.m.	Preschool 2	1A2T4

School Age p.m. (5–12 years)

TIME	LEVEL	CODE
4:30–	Level 1	1B1T1
5:00 p.m.	Level 2	1B2T1
5:10–	Level 1	1B1T2
5:40 p.m.	Level 3	1B3T2
5:50–	Level 2	1B2T3
6:20 p.m.	Level 5	1B5T3
6:30–	Level 1	1B1T4
7:00 p.m.	Level 3	1B3T4
7:15–	Pre-Team 1	1C1T5
8:00 p.m.		



The Aquatics Center is likely to have significant, necessary POOL MAINTENANCE THIS SUMMER. At the time of printing, the timeline for the project is unknown. Watch for more updates in mid-April. Staff will communicate any revised schedules as soon as we have them.

Pre-Swim Team

Ages 8–14 Rule the pool, strengthen your swimming skills and learn new techniques in our pre-swim team practice. This class offers swimmers age 8-14 (**swim level 4 and above**) the opportunity to explore what it is like to be on a swim team, learn from our coaches and work with your teammates to be your best!

8 Class Fee:

\$90 Member

\$110 Non-member

Location: VMCC Pool

PRETEAM 1 LEVELS 4+

Tuesdays; 7:15–8 p.m.

June 4–August 9

(Skip July 5)

Code: 1C1T5

PRETEAM 2 LEVELS 5+

Mondays/Wednesdays

7:15–8 p.m.

Session 1:

June 13–July 13

(Skip July 4, 6)

Code: 1C2W5

Session 2:

July 18–August 10

Code: 2C2W5



Adult Swim Instruction

For adults looking to fine-tune their swimming techniques. This clinic offers the opportunity to improve your swimming strokes, making you quicker and more efficient in the water. Benefits include:

- Physical conditioning to build strength and stamina.
- Stroke refinement to prevent bad habits.
- Advanced skills that are beyond basic swimming, such as starts and turns.
- Intensive instruction where students are given 1-on-1 critique and guidance.

Fee: \$125 Member; \$150 Non-member

Location: VMCC Pool

Intermediate

Tuesdays, 7:15–8 p.m.

June 14–August 9 (Skip July 5)

Code: 1D2T5

Learn to Swim

Saturdays, 11–11:45 a.m.

June 11–August 6

Code: 1D1S5

Monday/Wednesdays, 7:15–8 p.m.

June 13–July 13 (Skip July 4, 6)

Code: 1D1W5

July 18–August 10

Code: 2D1W5

Pool maintenance this summer may affect swim classes. Staff will communicate any revised schedules as soon as we have them.



Basic First Aid/CPR Class

This course will prepare you to recognize and care for a variety of first aid, breathing, and cardiac emergencies involving adults, children and infants and meets OSHA/workplace requirements. This is a blended learning course including an online portion and an instructor-led classroom skill session. The online portion must be completed prior to attending the in-class portion and must be taken on a PC or tablet with a high speed Internet connection. Allow approximately 2 hours 30 minutes to complete the online portion. Upon successful completion of this course you will receive a digital certificate for Adult and Pediatric First Aid/CPR/AED valid for two years.

Saturdays | 1–3 p.m. | \$65 Member | \$85 Non-member

May 14 — Code: CPRFA-MAY | August 13 — Code: CPRFA-AUG

Lifeguards Wanted!

CERTIFIED TO SAVE!

SIGN UP TODAY!



**American
Red Cross**

Lifeguarding Training

Become certified in American Red Cross Lifeguarding for pools and water parks, and First Aid and CPR/AED for the Professional Lifeguard. **Attendance at all class sessions is mandatory.**

Age Prerequisite: 15 years of age by the first day of the class

This is a blended learning course. You will be required to do some online work prior to the start date of the class sessions.

Cost: \$150 Member, \$175 Non-member

Skill Prerequisites:

- Tread water:
2 minutes using legs only.
- Continuous endurance swim: front crawl and/or breaststroke for 300 yards.
- Timed skill sequence: 20 yard swim, retrieval of a 10 lb. object from 7 to 10 ft. deep, swim 20 yards carrying the object and exit the water within 1 minute 40 seconds.

**MAY 13–15, 21–22
(two weekends)**

Code: LG-MAY

Friday, May 13: 4–8 p.m.

Saturdays, May 14 & 21: Noon–6 p.m.

Sundays, May 15 & 22: Noon–6 p.m.

*Please check the website
for dates and times of
upcoming courses.*



IGH PARKS AND RECREATION SUMMER JOB FAIR

**Veterans Memorial Community Center
Tuesday, April 12
3–7 p.m. • VMCC Lobby**

We will be doing ON-SITE HIRING*:
applications, interviews, and onboarding!
Seasonal and year-round positions available.
Individuals ages 15+ are encouraged to attend.

Questions? email mrosewood@ighmn.gov

*Contingent on a background check.





The following is a general guideline to help register your child for the appropriate class. Participants at all levels will be evaluated the first day of lessons and may move up or down a level depending on the skill level at any time during the session.

- Classes use the USFS Program under Learn to Skate USA.
- All classes are progressive and students must have passed the previous level in order to advance.
- Class times and levels may be modified based on enrollment numbers.
- Beginner skaters and those working on balance are strongly encouraged to wear helmets, bike helmets work just fine.
- Rental skates are available if needed for \$2. Its preferred skaters provide their own skates.

Ready to Enroll?
Register at
ighmn.gov/register

Learn to Skate Classes!



Stay Cool this Summer by Ice Skating!

Whether you want to learn to skate to enjoy the next ice-skating party or have Olympic ambitions, our classes will start you on your journey!

CLASS DESCRIPTIONS

Snowplow Sam — skaters ages 3–6 years old: This fun and game-focused class teaches basic fundamentals on the ice and the general strength to be independent on the ice.

Basic 1 — for skaters 7-12 years old who've never skated before. This class teaches basic skating, stopping, gliding, and skating backwards.

Basic 2–6 — for skaters 7-12 years old and who've passed the previous level. Skills include one foot gliding, basic power skating, crossovers, turns

HOCKEY CLASSES Wear your hockey gear and run level appropriate hockey drills! Must have passed Snowplow Sam 3 or Basic 2 to be in Beginner Hockey. Skaters will be evaluated at the end of the session to see if the pass into Advance Hockey

Adult Class: for skaters 13-99 years young! Class is split by ability. Skaters may be complete novices or working on certain skills!

Edge Class: for hockey players, figure skaters and any Basic 3 and up skater who wants to really get ahead and learn edge work, power and how to be a better skater.

Jump & Spin: for skaters Snowplow 3 and Basic 2 higher. Learn the fundamentals of jumps and spins and learn new jumps and spins!

Off Ice Figure Skating Technique: Learn figure skating skills on the floor! Learn fun jumps and spins, balance on spinners, jump rope and learn stretches to show off your flexibility on ice!



LEARN TO
SKATE
USA

SKATE LESSON FEES:

Summer Session: \$90 Member; \$96 Non-member

Summer Jump Start Session: \$45 Member; \$48 Non-member

Includes a four-time punch pass for open skate days sessions.

Valid while attending registered classes.



Summer Session

Wednesdays, June 15–August 3

Register by Wednesday, June 8

5:40–6:10 p.m.

- Snowplow Sam 1-4
- Basic 1-3
- Beginner Hockey

6:15–6:45 p.m.

- Snowplow Sam 1-4
- Basic 1-6
- Jump & Spin Class
- Advance Hockey

6:50–7:20 p.m.

- Snowplow Sam 1-4
- Basic 1-5
- Adult Learn to Skate
- Edge Class

7:25–7:55 p.m.

- Off Ice Figure Skating Technique



Open Skate & Open Hockey

Bring the entire family! Go to www.ighmn.gov/openskate for schedule and the different options (ice skating, hockey and development ice time).



To jump to our online registration page, scan this QR code with your electronic device.

Summer Jump Start!

Tuesdays, August 9–30

Register by Tuesday, August 2

Just can't get enough ice time? This "mini" session enables skaters to get a "Jump-Start" on their skills for the fall session!

Skaters will be tested and given a progressive report at the end of the mini session with a recommendation on what to sign up for next.

The "Mini-Mite Prep" class will introduce and begin working on Mini-Mite skating skills so they can feel confident and ready to go for the first day of hockey!

5:30–6:00 p.m.

- Snowplow Sam 1-4
- Basic 1-3
- Mini-Mite Prep

6:05–6:35 p.m.

- Snowplow Sam 1-4
- Basic 1-6
- Jump & Spin Class
- Beginner Hockey

6:40–7:10 p.m.

- Snowplow Sam 1-4
- Basic 1-5
- Adult Learn to Skate
- Edge Class
- Advance Hockey

7:20–7:50 p.m.

- Off Ice Figure Skating Technique



Ready to Enroll? Register at www.ighmn.gov/register

IGH Hockey Association

Join the hottest game on the ice!

Visit www.IGHHA.org for details.

"Try Hockey for Free" Events

(Ages 4–9)

Two events each year!

Check our website for future dates.

- First year mini-mite registration is free (IGHHA eligible status only)
- Hockey equipment available
- Hockey financial assistance grants available



NEED MORE INFORMATION,
email Tammy Norgard at:

Recruitment@ighha.org

Preschool Sports

RevSports Ninja

Warrior Fitness Ages 2–5

Speed, strength and quickness help make a great athlete. Learn to move faster, react quicker, kick and throw farther. Class involves ground-based obstacle training, active games, and individual challenges. (Ages 5–8 have an option available on the same days on the Youth Sports and Leagues pages.)

Location: Oakwood Park Ice Rink **Fee:** \$59

Register by: One week prior to start date

SESSION 1: Wednesdays, May 18–June 8

TotStars, Ages 2-3

Time: 5:30–5:55 p.m.

Code: PP-S351

PreStars, Ages 3-5

Time: 6–6:40 p.m.

Code: PP-S352

SESSION 2: Wednesdays, June 15–July 6

TotStars Ages 2-3

Time: 5:30–5:55 p.m.

Code: PP-S353

PreStars Ages 3-5

Time: 6–6:40 p.m.

Code: PP-S354

SESSION 3: Wednesdays, July 13–August 3

TotStars Ages 2-3

Time: 5:30–5:55 p.m.

Code: PP-S355

PreStars Ages 3-5

Time: 6–6:40 p.m.

Code: PP-S356

SESSION 4: Wednesdays, August 10–31

TotStars Ages 2-3

Time: 5:30–5:55 p.m.

Code: PP-S357

PreStars Ages 3-5

Time: 6–6:40 p.m.

Code: PP-S358



To jump to our online registration page, scan this QR code with your electronic device.

Amazing Athletes Tots Ages 18 months–2 years

Amazing Tots is a guided, self-discovery-based sports program designed to engage, maintain, and develop a toddler's attention span and physical abilities. Each class encompasses a discovery lesson in one or two different sports, structured physical challenges and organized physical exploration activities. Significant emphasis is placed on imaginative fitness activities along with color recognition, shape classification, and action vocabulary experiences (over, under, around, etc).

TOTS AGES 18 MONTHS–2 YEARS

Session 1: Thursdays, May 5–June 9

Time: 5:45–6:15 p.m.

Code: PP-S311

Fee: \$90

Location: Oakwood Park Ice Rink

Register by: Thursday, April 28

Session 2: Thursdays, June 16–July 21

Time: 5:45–6:15 p.m.

Code: PP-S313

Fee: \$90

Location: Oakwood Park Ice Rink

Register by: Thursday, June 9

Session 3: Thursdays, July 28–September 1

Time: 5:45–6:15 p.m.

Code: PP-S315

Fee: \$90

Location: Oakwood Park Ice Rink

Register by: Thursday, July 21

Amazing Athletes Preschool Ages 3–5 years

Amazing Athletes preschool is a sports and fitness program which introduces your preschooler to 10 different sports while teaching important life skills! Our fun and non-competitive sports activities are designed to help develop motor skills, eye-hand coordination, cardiovascular fitness, impulse control, social skills and more! Each class encompasses two different developmental sports lessons, muscle identification, and introduction to a "power food" of the week (fruits & vegetables) to encourage a strong and healthy lifestyle!

PRESCHOOL AGES 3–5 YEARS

Session 1: Thursdays, May 5–June 9

Time: 6:25–7:10 p.m.

Code: PP-S312

Fee: \$90

Location: Oakwood Park Ice Rink

Register by: Thursday, April 28

Session 2: Thursdays, June 16–July 21

Time: 6:25–7:10 p.m.

Code: PP-S314

Fee: \$90

Location: Oakwood Park Ice Rink

Register by: Thursday, June 9

Session 3: Thursdays, July 28–September 1

Time: 6:25–7:10 p.m.

Code: PP-S316

Fee: \$90

Location: Oakwood Park Ice Rink

Register by: Thursday, July 21

RevSports T-Ball Ages 2–6

RevSports T-Ball is a fundamental skills class that includes catching the ball in the air, grounders, throwing form, hitting, base running, and fielding. Class begins with a warm-up, followed by a fun active game, and always ends with an age-appropriate scrimmage. Gloves are optional, all other equipment provided. Parent/Child participation required.

Location: Oakwood Park BB/SB Field #1 **Fee:** \$59

SESSION 1:

Wednesdays, May 18–June 8

Register by: Wed., May 11

TotStars Ages 2–3 T-Ball

Time: 5:30–5:55 p.m.

Code: PP-S341

PreStars Ages 3–5 T-Ball

Time: 6–6:40 p.m.

Code: PP-S342

PreStars Ages 3–5 Softball

Time: 6:45–7:25 p.m.

Code: PP-S343

KinderStars

Ages 4–6 Coach Pitch

Time: 7:30–8:10 p.m.

Code: PP-S344

SESSION 2:

Wednesdays, June 15–July 6

Register by: Wed., June 8

TotStars Ages 2–3 T-Ball

Time: 5:30–5:55 p.m.

Code: PP-S345

PreStars Ages 3–5 T-Ball

Time: 6–6:40 p.m.

Code: PP-S346

PreStars Ages 3–5 Softball

Time: 6:45–7:25 p.m.

Code: PP-S347

KinderStars

Ages 4–6 Coach Pitch

Time: 7:30–8:10 p.m.

Code: PP-S348

SESSION 3:

Wednesdays, July 13–Aug. 3

Register by: Wed., July 6

TotStars Ages 2–3 T-Ball

Time: 5:30–5:55 p.m.

Code: PP-S349

PreStars Ages 3–5 T-Ball

Time: 6–6:40 p.m.

Code: PP-S3410

PreStars Ages 3–5 Softball

Time: 6:45–7:25 p.m.

Code: PP-S3411

KinderStars

Ages 4–6 Coach Pitch

Time: 7:30–8:10 p.m.

Code: PP-S312

SESSION 4:

Wednesdays, August 10–31

Register by: Wed., August 3

TotStars Ages 2–3 T-Ball

Time: 5:30–5:55 p.m.

Code: PP-S3413

PreStars Ages 3–5 T-Ball

Time: 6–6:40 p.m.

Code: PP-S3414

PreStars Ages 3–5 Softball

Time: 6:45–7:25 p.m.

Code: PP-S3415

KinderStars

Ages 4–6 Coach Pitch

Time: 7:30–8:10 p.m.

Code: PP-S3416

Soccer Shots Ages 2–5

Soccer Shots is a high-energy program introducing your little one to fundamental soccer principles through fun games, songs and positive reinforcement. *Fee includes Soccer Shots official jersey!*

Register by: One week prior to start date **Fee:** \$119

SESSION 1: Saturdays, July 9–August 20

Location: West Rink Turf

Mini Ages 2–3

Time: 9–9:30 a.m.

Code: PP-S301

Classic Ages 3–5

Time: 9:40–10:10 a.m.

Code: PP-S302

SESSION 2: Tuesdays, July 12–August 23

Location: Groveland Park Ice Rink

Mini Ages 2–3

Time: 5–5:30 p.m.

Code: PP-S303

Classic Ages 3–5

Time: 5:40–6:10 p.m.

Code: PP-S304



SCHOLARSHIPS AVAILABLE

for Inver Grove Heights residents
with qualifying financial need.

Learn more: www.ighmn.gov/scholarship

Soccer Programs

Programs are offered in partnership between the City of Inver Grove Heights and Dakota Soccer Club.

To view all youth sports and register, visit www.ighmn.gov/youthsports • www.ighmn.gov/register



Spring Soccer Kick-off Ages 5–10

Come on out and shake off the winter blues with some spring soccer! Dakota Soccer Club coaches and players will lead the program. Sessions will include basic skill work (passing, dribbling, shooting and receiving) and finish with small sided soccer games. *Coordinated in collaboration with Dakota Soccer Club.*

Dates: Saturdays, April 9–May 7 (skip April 30)

Location: VMCC, West Turf

Ages & Ages 5–6: 9–9:45 a.m.

Times: Ages 7–8: 9:45–10:30 a.m.

Ages 9–10: 10:30–11:15 a.m.

Register by: Friday, April 2

Fee: \$36

Code: PP-P106

Code: PP-P107

Code: PP-P108

Summer Recreation Soccer Ages 5–8

Join the hottest Summer Rec soccer program! Qualified Dakota Soccer Club coaches and players will serve as instructors. Players will learn simple soccer techniques and take part in small sided games, in a safe, fun and enjoyable environment. Program format will be one 45-minute practice session on Mondays and one 45-minute small sided game on Wednesdays. Program fee includes a team T-shirt.

Dates: Mondays and Wednesdays
June 13–July 27 (Skip July 4)

Times: Ages 5–6: 6–6:45 p.m.

Code: YS-S110

Ages 5–6: 6:45–7:30 p.m.

Code: YS-S111

Ages 7–8: 7:30–8:15 p.m.

Code: YS-S112

Location: Skyview Park

Fee: \$75

Register by: Tuesday, May 31

Fall Recreation Soccer Ages 5–8

Fall Recreation Soccer is a six-week soccer program consisting of one 45-minute session of instruction and one 45-minute game/scrimmage session per week. Practices will focus on the four fundamentals of soccer: passing, dribbling, shooting, and receiving/trapping. Game days will focus on using those skills in a small-sided game environment, playing against other teams in the program. Sessions are open to players of both genders (ages 5–8) and will be run and led by Dakota Soccer Club coaches. Program fee includes a team T-shirt.

Dates: Mondays and Wednesdays, Aug. 15–October 5 (Skip Sept. 5)

Times: Ages 5–6: 6–6:45 p.m.

Code: YS-F110

Ages 7–8: 6–6:45 p.m.

Code: YS-F111

Location: Oakwood Park

Fee: \$75

Register by: Monday, August 1



The IGH Heat Soccer Association and the South Saint Paul Youth Soccer Association have merged into the **DAKOTA SOCCER CLUB**.

Summer Recreation Soccer Ages 4–10

Dakota Soccer Club will host a

10-week recreational soccer program. Weather permitting, play will begin the week of May 9 and regular sessions will run through June 30, with a weekend jamboree on July 9 & 10. Program consists of 60-minute sessions (format varies by age group). All boys activities will begin at 6 p.m. on Mondays and Wednesdays, and girls at 6 p.m. on Tuesdays and Thursdays, at McMorro Field. Program fee includes a jersey, shorts and socks. Please register at:

www.dakotasc.org/registration

Ages 4–5: \$110 · Ages 6–7: \$130 · Ages 8–10: \$130

Contact recdirector@dakotasc.org with questions.

Need-based scholarships are available.

Dakota Soccer Club Competitive Soccer

Ages 9–18 Dakota Soccer Club competitive soccer begins in March with indoor training and runs through July (for most teams). Practices are held indoors 1 to 2 times a week in March–April and then move outside during May–July, up to 2 to 3 times per week, as determined by the coach. Summer schedule includes 8 to 10 games, with games being played in IGH, SSP or at the opponent's home field (often requires some travel). Dakota Soccer Club fields teams for both genders at the U9 to U18 levels. Registration fees range from \$210 (U9-U10) to \$365 (U11-U14) to \$425 (U15+) in addition to uniform costs and coaching fees. Registration fee also includes participation in approximately two weekend tournaments as determined by the team as well as a season-ending tournament for qualifying teams.

QUESTIONS? Contact Bobby Boos (boyscoordinator@dakotasc.org) or Brian Applequist (girlscoordinator@dakotasc.org).

Youth Sports

Youth Archery Ages 9–18

This class offers a safe and fun introduction to the sport of archery. Equipment is provided at no charge but if you have your own equipment at home, please bring it to class.

Location: Groveland Park Ice Arena

SPRING SESSION (4 weeks)

Dates: Mondays
May 9–June 6 (Skip May 30)

Fee: \$51

Register by: Monday, May 2

Beginners

Time: 5:30–6:30 p.m.

Code: YS-P233

Advanced

Time: 6:35–7:35 p.m.

Code: YS-P234

SUMMER SESSION (6 weeks)

**Combined Beginners/
Advanced Beginners**

Dates: Mondays

July 11–August 15

Time: 5:30–6:30 p.m.

Fee: \$68

Code: YS-S105

Register by: Tuesday, July 5



Youth Tennis Lessons Ages 6–14

Participants will learn tennis techniques through instruction, exciting drills and games along with playing time against their peers. This is a great introductory class into the sport of tennis.

SPRING SESSION (4 weeks)

Dates: Saturdays
April 30–May 21

Fee: \$51

Location: Skyview Park

Register by: Friday, April 23

One rain make-up day included on June 4.

Ages 6–8: Level 1

Time: 9:30–10:15 a.m.

Code: YS-P105

Ages 6–8: Level 2

Time: 10:20–11:05 a.m.

Code: YS-P106

Ages 9–14

Time: 11:10–11:55 a.m.

Code: YS-P106

SUMMER SESSION (6 weeks)

Dates: Saturdays
June 11–July 23

(Skip July 2)

Fee: \$66

Location: Skyview Park

Register by: Friday, June 3

One rain make-up day included on July 30.

Ages 6–8: Level 1

Time: 9:30–10:15 a.m.

Code: YS-S101

Ages 6–8: Level 2

Time: 10:20–11:05 a.m.

Code: YS-S102

Ages 9–14

Time: 11:10–11:55 a.m.

Code: YS-S103



Simley Youth Football

For students entering
Third–Eighth Grade

FAQ:

Season starts August with football camp.

Game schedule is an average of 8 weeks ending October.

We are a member of the Metro East Youth Football League (MEYFL).

3RD Grade team will play Tackle Bar football – safer contact, strong fundamentals.

The most cost effective, affordable choice in sports.

Limited financial assistance is available to qualified families.

Early registration discounts will be available!

Questions:

board@simleyyouthfootball.com



More information and
Registration can be found at:
www.simleyfootball.com

**Registration
Opens in May!**

SYFA is non-profit independent youth organization operating in Inver Grove Heights.



Find us on Facebook!

Youth Sports and Leagues

To view all youth sports visit www.ighmn.gov/youthsports and register go to www.ighmn.gov/register



Boys Baseball Leagues

Inver Grove Heights Parks & Recreation Baseball leagues are instructional, less competitive, in-house leagues which offer the opportunity to learn the game in a fun, positive environment. The program operates under the philosophy that each participant will have the opportunity to participate in each game and develop skills.

U5 T-Ball League

Ages 4–5 (as of May 1, 22)

Hitting off "T" to start the season and move to coach-pitch as deemed appropriate. No tournaments.

Days: Tuesdays & Thursdays

Dates: May 12–July 7

Fee: \$72

Code: YL-P102

Register by: Friday, May 5

U7 Mite League

Ages 6–7 (as of May 1, 22)

Coach-pitch the entire season; coaches serve as umpires. No tournaments.

Days: Mondays and Wednesdays

Dates: May 2 –mid-July

Fee: \$80

Code: YL-P103

Register by: Friday, April 25

Volunteer Coaches NEEDED!



We need volunteers to serve as coaches and assistant coaches. The Department will conduct training for all coaches to get started so don't worry if you don't have experience.

Please call 651-450-2585 if you are interested in coaching. For more information go to:

www.ighmn.gov/youthsports



Inver Grove Heights *Baseball* Association

In House: ages 8 - 11
Traveling: ages 8 - 15



www.ighba.com



Twins FREE Baseball Clinic

TBD — please watch our website and social media pages for additional information



Boys and Girls, Ages 6–12

Equipment is provided, but participants should bring a glove as there may only be a couple available. Clinics are designed to teach fundamentals, including hitting, throwing and fielding. All participants must complete a waiver prior to the event. Register online at www.playballmn.com

Location: Rich Valley Athletic Complex

Rain backup: VMCC, West Turf



RevSports Ninja Warrior Fitness

Ages 5–8 Speed, strength and quickness help make a great athlete. With RevSports Ninja Warrior Fitness class, learn to move faster, react quicker, kick and throw farther. Class involves ground-based obstacle training, active games, and individual challenges. (Ages 2-5 have an option available on the same days on the Preschool Sports page.)

Location: Oakwood Park Ice Rink **Fee:** \$59

Register by: One week prior to start date

SESSION 1:

Wednesdays, May 18–June 8

MiniStars Ages 5-8

Time: 6:45–7:25 p.m.

Code: YS-S351

SESSION 3:

Wednesdays, July 13–August 3

MiniStars Ages 5-8

Time: 6:45–7:25 p.m.

Code: YS-S353

SESSION 2:

Wednesdays, June 15–July 6

MiniStars Ages 5-8

Time: 6:45–7:25 p.m.

Code: YS-S352

SESSION 4:

Wednesdays, August 10–31

MiniStars Ages 5-8

Time: 6:45–7:25 p.m.

Code: YS-S354

Little Spartans Softball

Sponsored by the IGH Softball Federation in conjunction with the City of Inver Grove Heights.

U6 Softball Ages 4–6 Beginning level softball for players ages 4–6 with little to no experience. Focus will be on teaching the basics including catching, throwing, hitting, fielding, base running and most important having fun! Instruction based program that will incorporate scrimmage games.

Dates: Mondays, June 6–July 25 (Skip July 4)

Meets: 5:30–6:30 p.m. **Fee:** \$65

Location: Oakwood Park **Code:** YS-P606

Register by: Monday, May 23

Youth Flag Football League

Boys and girls ages 5–9

This league stresses the fundamentals of football including offense/defense and specific football related skills. Practices are held Tuesdays or Thursdays, depending on age. Games will be played on Saturdays starting September 17. Players will be notified of team assignments and final schedule prior to program start. Weather makeup dates are Oct. 4 or 6 at 5:45 p.m. This program relies upon the leadership of volunteer coaches. If you are interested in coaching, please email Chelsea at cswiggum@ighmn.gov or indicate at registration.

Register by: Wednesday, August 3

Location: Salem Hills Park or Groveland Park

Ages 5–6

Practice — Thursdays, August 18–September 29; 6–7 p.m.

Games — Saturdays, September 17–October 1; 11 a.m.

Fee: \$65 **Code:** YL-S301

Ages 7–9

Practice — Tuesdays, August 16–September 27; 6–7 p.m.

Games — Saturdays, September 17–October 1; 12:30 p.m.

Fee: \$65 **Code:** YL-S302



Register now for spring and summer fun with The Heights Lacrosse!



We welcome all levels of experience.

Programs are available for boys and girls ages 6-14

Season runs March-July

Check out our website for details!



www.ighla.com



The Heights Lacrosse
heights_lax

Youth Karate

Self-defense plus fun – now that's a winning combination! Our program has classes for students beginning through advanced levels. The style of karate taught is Shorin-Ryu. Students should wear loose clothing that allows for movement.

Register at least one week prior to start date.

LOCATIONS: Spring: VMCC, Brightside Room Summer: VMCC, Community Room



AGES 5–7

Beginning Our introductory class is designed especially for younger students. Participants learn basic self-defense techniques while having fun.

Days: Tuesdays

Time: 5:45–6:45 p.m.

Fee: \$40

Spring Session: April 5–May 24

Code: YS–P106

Summer: June 14–August 9 (Skip July 5)

Code: YS–S106

Advanced Participants continue with skills already learned, develop new skills and work on a belt test.

Days: Tuesdays

Time: 6:45–7:45 p.m.

Fee: \$46

Spring Session: April 5–May 24

Code: YS–P107

Summer: June 14–August 9 (Skip July 5)

Code: YS–S107

AGES 8–18

Beginning Participants learn basic self-defense techniques including throws, falls, punches, kicks, controlled sparring, as well as safety skills and tips. Participants may earn belts through testing and by completing one beginning and one advanced course.

Days: Mondays

Time: 6–7:30 p.m.

Fee: \$54

Spring Session: April 4–May 23

Code: YS–P108

Summer: June 13–August 8 (Skip July 4)

Code: YS–S108

Advanced Participants continue with skills already learned, develop new skills and work on a belt test.

Days: Mondays

Time: 7:30–9 p.m.

Fee: \$54

Spring Session: April 4–May 23

Code: YS–P109

Summer: June 13–August 8 (Skip July 4)

Code: YS–S109

E-SPORTS LEAGUES!

Will YOU be the NEXT IGH E-Sports champion?

MADDEN 21 & 22

The Parks and Recreation E-Sports program allows players to combine their video gaming skills and competitive spirit to battle other players, all from the comfort of their own home. E-Sports creates an opportunity for players to connect with their community and each other in a safe on-line gaming environment. Sign up for as many leagues as you wish during the season with our season pass! League winners will receive an awesome prize!

SUPER SMASH BROS

FORTNITE

ROCKET LEAGUE

MADDEN 21 - SPRING ONLY

MONDAYS

System: PS4 with Playstation Plus Subscription OR Xbox One with Xbox Live Subscription

MADDEN 22 - SUMMER

MONDAYS

System: PS5 with Playstation Plus Subscription OR Xbox Series X/S with Xbox Live Subscription

MARIO KART 8 DELUXE

MONDAYS

System: Nintendo Switch with Nintendo Switch Online Subscription

FORTNITE 1v1

TUESDAYS (No Youth Division)

System: PlayStation, Xbox, PC, Nintendo Switch

ROCKET LEAGUE 1V1

WEDNESDAYS

SKILL LEVEL:

Beginner OR Competitive
System: PlayStation, Xbox, PC, Nintendo Switch

ROCKET LEAGUE 3V3

WEDNESDAYS

Teams must come registered with a TEAM OF Three

SKILL LEVEL:

Beginner OR Competitive
System: PlayStation, Xbox, PC, Nintendo Switch

SUPER

SMASH BROS

THURSDAYS

System: Nintendo Switch with Nintendo Switch Online Subscription

FORTNITE 2V2

(No youth division)

FRIDAYS

Teams must come registered with a TEAM OF Two
System: PlayStation, Xbox, PC, Nintendo Switch

Age and Time Divisions

7–8 p.m.

(Youth Ages 8–12)

8–9 p.m.

(Teen Ages 13–18)

9–10 p.m.

(Adult 18+)

Cost: \$40 per person

A player only needs to purchase 1 season pass which will unlock all the games offered in the season. If the game is team based, all players will need to purchase a season pass.

SPRING: April 18–June 6

REGISTER BY APRIL 13

SUMMER: July 11–September 2

REGISTER: APRIL 25–JULY 6

www.ggleagues.com/organization/inver-grove-heights



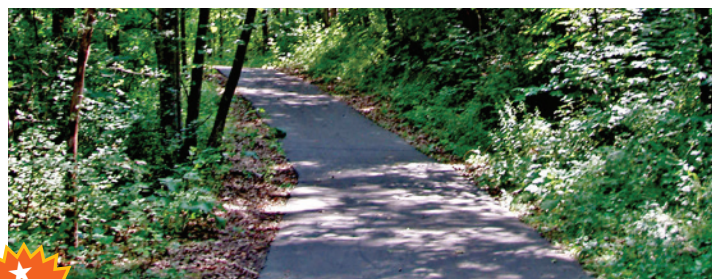
Spring/Summer Youth Programs and Activities



Let's Celebrate Earth Week!

Ages 6–14 Saturday, April 23
10 a.m.–Noon | Free | YP-P221
Lions Park | Register by April 15
Rain location: VMCC Brightside Room

Make a difference this Earth Day by celebrating with the City! Join us to learn simple daily actions you can take to protect the environment, create a reusable bag by upcycling an old T-shirt (please bring an old T-shirt), and solve a nature scavenger hunt on the beautiful Lion's Park trail!



Celebrate National Trails Day!


Scavenger Hunt at Harmon Park Reserve

Anytime during the weekend of June 3-5

Spend the day walking the beautiful unpaved trails at Harmon Park Reserve while completing a scavenger hunt! Register online to receive detailed information regarding the hunt. Complete the challenge and each participant will receive a gift. Gifts will be picked up at the VMCC.

Registration is **REQUIRED** by Monday, May 23.
Completed scavenger hunt must be turned in by Tuesday, June 8 to receive a gift.

Code: FA-S100



ROCKIN

Recreation Nights Drop-off Program

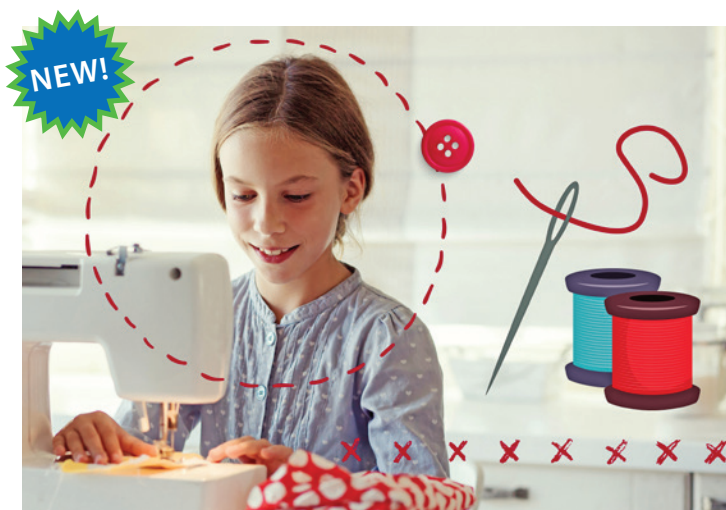
Parents: drop off your kids and have some time to yourself!

Rockin Recreation Nights are a new program we are rolling out in 2022. These nights will be held quarterly from 6-8:30 p.m. at the Veterans Memorial Community Center. Each night has their own theme and will include a variety of craft, games, and activities. Snack is provided each night.

TUESDAY, APRIL 19 | VMCC | 6–8:30 p.m.
Fee: \$10 | Register one week in advance (April 12)

We will be going swimming at the VMCC Aquatics Center and having open gym style games (dodgeball, volleyball, tennis, etc.). Please come dressed in your swimsuit.

August: TBD · November: TBD



Sewing Camp

Ages 8–13

This camp will teach the basic sewing techniques, knowledge of sewing tools and different kinds of stitches. Students will practice these skills using hand stitching and a sewing machine. Students will be challenged to create their own design and build it with the techniques they have learned. All materials and tools provided.

Date: Tuesday, July 26 **Fee:** \$75

Time: 9 a.m.–1 p.m. **Code:** YP-S310

Register by: Tuesday, July 19 **Location:** VMCC, Community Rm 1



To jump to our online registration page, scan this QR code with your electronic device.

KIDS R.O.C.K.



Summer Camp Program for Kids

Ages 5–12 | June 13–August 26

(Recreational Opportunities Catered to Kids)

*Kids R.O.C.K. is the place to be
for a summer to remember!*

Each week follows a fantastic theme that promises to engage and fascinate kids through a variety of hands-on activities, games, crafts, songs and much more! In addition to our great in-room activities, children will play outside at the playground, swim in the water park,* and play large group games like kickball and soccer on the turf or outside. Field trips are back and scheduled bi-weekly on Wednesdays. *Field trips require additional fees and are optional.*

Children will have the opportunity to sign up for swimming lessons* or other on-site programs during the day while attending camp. Staff will take them to and from lessons. *Swimming lessons and other on-site programs require an additional fee.*

All participants receive a T-shirt and daily snacks. Participants must bring their own bag lunch daily for camp.

REGISTRATION IS AVAILABLE ONLINE

www.ighmn.gov/kidsrock

Registration closes June 6 or when full.

The program will follow current COVID-19 guidelines as suggested by the MDH & CDC. This information will be provided prior to the start of the program and may change as guidelines are updated.

***Pool maintenance this summer may affect swimming schedules. Staff will communicate any revised schedules as soon as we have them.**

When: Monday–Friday, June 13–August 26

Time: 7 a.m.–5:30 p.m.

Where: Veterans Memorial Community Center

Fees: Enrollment Fee: \$80

4-5 days a week: \$190

3 days a week: \$135

2 days a week: \$100

1 day a week: \$55

Discounts: Additional child or Community Center Household Membership (**discounts cannot be combined**):

Enrollment Fee: \$75

4-5 days a week: \$185

3 days a week: \$130

2 days a week: \$95

1 day a week: \$50

Notes: Contracts can be purchased one week at a time, or for the entire 11 weeks. Dates may be chosen online at the time of registration. ***Kids R.O.C.K. is NOT part of summer program registration savings offer.**

Discounts cannot be combined.



QUESTIONS OR READY TO ENROLL FOR KIDS R.O.C.K.?

Call 651-450-2585; or email kidsrock@ighmn.gov

Summer Camps



Horse Camp Ages 7–13

This popular camp is a great introduction to the sport of horseback riding. Learn to groom, feed, saddle and control at a trot and rising trot. Skills are progressive. Camp offered in partnership with HHH Ranch. All safety equipment is provided. Fee includes a snack and water. Please wear denim pants and shoes with a heel — no sandals.



Due to COVID-19 we are not able to transport participants. **Parent/guardian must drop-off and pick-up participant Monday–Friday in Cannon Falls, MN.**

Dates: Monday–Friday, June 13–17 **Fee:** \$210
Morning Session: 9 a.m.–Noon **Code:** SC-S150
Afternoon Session: 1–4 p.m. **Code:** SC-S151
Register by: Monday, May 30

Location: Cannon Falls, next to Cannon Valley Fair (Map will be provided to registered participants)



Junior Vet Camp Ages 6–12

Do you have a pet dog, cat or hamster? Come learn some of the basics of pet care and safety through fun demonstrations and activities. Camp also includes a fun animal-themed craft and snack! Details to come — please watch our website and social media pages for additional information.



**Skyhawks
Sports
Camps**

MONDAY–THURSDAYS

Ages 6–12 (except Sand Volleyball, Ages 7–12)

Skyhawks provides a variety of fun, safe and positive programs that emphasize critical lessons in life, such as, respect and sportsmanship. Programs are designed to give each child a positive introduction into sports while fostering a lifelong love for an active, healthy lifestyle.

Fee for each camp: \$119
Register one week prior to start date

June 20–23

SAND VOLLEYBALL Camp	FLAG FOOTBALL Camp
Time: 9 a.m.–Noon Ages 7–12	Time: 1–4 p.m.
Code: SC-S152	Code: SC-S153
Location: Sleepy Hollow Park	Location: Groveland Park

June 27–30

TRACK AND FIELD Camp	BASKETBALL Camp
Time: 9 a.m.–Noon	Time: 1–4 p.m.
Code: SC-S154	Code: SC-S155
Location: Groveland Park	Location: Skyview Park

July 11–14

SOFTBALL Camp	BASEBALL Camp
Time: 9 a.m.–Noon	Time: 1–4 p.m.
Code: SC-S156	Code: SC-S157
Location: Groveland Park	Location: Groveland Park

July 18–21

BASEBALL Camp	SOFTBALL Camp
Time: 9 a.m.–Noon	Time: 1–4 p.m.
Code: SC-S158	Code: SC-S159
Location: Groveland Park	Location: Groveland Park

July 25–28

FLAG FOOTBALL Camp	MULTI-SPORT Camp
Time: 9 a.m.–Noon	Time: 1–4 p.m.
Code: SC-S160	Code: SC-S161
Location: Groveland Park	Location: Groveland Park

August 1–4

SAND VOLLEYBALL Camp	TRACK AND FIELD Camp
Time: 9 a.m.–Noon Ages 7–12	Time: 1–4 p.m.
Code: SC-S162	Code: SC-S163
Location: Sleepy Hollow Park	Location: Groveland Park

August 8–11

TENNIS Camp	BASKETBALL Camp
Time: 9 a.m.–Noon	Time: 1–4 p.m.
Code: SC-S164	Code: SC-S165
Location: Skyview Park	Location: Skyview Park

August 15–18—MULTI-SPORT Camp

Time: 1–4 p.m. **Code:** SC-S166
Location: Oakwood Park



Half-Pint Safety Camp Ages 4-6

It's not just for the big kids! Your little one will spend the morning learning from safety professionals including IGH Police, IGH Fire, Dakota County Health & Safety, and IGH Aquatics Coordinator. Snack is provided.

Swimming will be included. Please have your child wear their bathing suit under their clothes so they are ready to go.

Date: Thursday, July 14

Fee: \$20

Location: VMCC

Register by: Thursday, July 7

Time: 9 a.m.–12:15 p.m.

Code: SC-S116



Safety Camp Ages 6-11

A camp you do not want to miss! Learn to be safe in the following areas: Fire, Water, Bike, Health, and more! Camp includes certificate of completion, T-shirt, snack and a safety swag bag! Campers should bring a bag lunch, their bike and swim gear.

Date: Thursday, August 4

Fee: \$20

Register by: Thursday, July 28

Time: 8:30 a.m.–5:30 p.m.

Code: SC-S300

Location: VMCC



Thanks to many local community sponsors who help to make this low cost program available!

3RD LAIR

SKATEPARK & SKATESHOP

NEW

Skateboarding Camp Ages 7-14

The 3rd Lair Skateboard Camp program has been a part of MN action sports development for over 20 years. They are the originals, offering the most experience, the most well trained instructors, and a proven reputation for success. Instruction is based on ability level and is catered to individual needs. All experience levels are welcome.

Dates: Tuesday–Thursday, July 5–7

Time: 10 a.m.–Noon

Fee: \$140

Location: VMCC Skate Park

Code: SC-S167

Register by: Monday, June 20



Encanto Musical Theater Camp Ages 4-8

If you could choose to have any amazing ability, what would it be? Let's all put our special gifts into a story! We will learn music and choreography from Encanto and create our own musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games. No experience necessary. All that is needed are comfortable clothing and lightweight sneakers or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class!

Dates: Monday–Friday, August 8–12

Time: 9 a.m.–Noon

Fee: \$127

Code: SC-S114

Location: VMCC

Register by: Monday, August 1

Sing 2 Musical Theater Camp

Ages 7-12 You and your friends want to put on a show in glamorous Redshore City! Let's work together to make that happen! We will learn music and choreography from Sing 2 and create our own musical! Everyone will learn how to put together a professional show from start to finish. Learn how to properly speak your lines, block a scene, develop your character and much more! We will also play fun creative games! No experience necessary. All that is needed are comfortable clothing and lightweight sneakers or dance shoes. Friends and family are invited to a special performance beginning the final 30 minutes of the final class.

Dates: Monday–Friday, August 8–12

Time: 1–4 p.m.

Fee: \$127

Code: SC-S117

Location: VMCC

Register by: Monday, August 1

ART 4 KIDS Camp Ages 6–12

4 days, 4 mediums, 1 excellent summer experience! Join us as we dive into the colorful, creative worlds of painting, drawing, fiber arts, and sculpture in this art making extravaganza. We'll get to try out all of these mediums under the guidance of an expert teaching artist who will lead us in painting a masterpiece in acrylic, sharpening our drawing skills using pastels, weaving our ideas together using fiber, and bringing our dreams to life through sculpture. This camp will be perfect for students with big imaginations, a lot of curiosity, and a creative spirit.

Dates: Monday–Thursday, July 25–28 **Fee:** \$120

Location: VMCC, Community Room 1

Register by: Wednesday, July 13

Ages 9–12

Time: 9 a.m.–Noon

Code: SC-S118

Ages 6–8

Time: 1–4 p.m.

Code: SC-S119



HEART'S PERFORMING ARTS

"Teaching the music you love today, with techniques that last a lifetime."

The following acting and music classes are offered in partnership with Heart's Performing Arts.

Singing Lessons Level 1 & Level 2 Ages 8–13

In this 4-week intensive, singers will explore Ear Training, Rhythm, Sight-reading, technique, and Performance! Young singers will receive musical training consisting of fun technique warm ups, very short songs, and musical concepts such as rhythm, pitch recognition. Level 2 will focus on longer songs, more advanced warm ups, theory, and more performance. Students must have either completed Singing Lessons Level 1 or have had previous experience in singing and or musical theory.

Dates: Thursdays, June 23–July 14 **Fee:** \$79

Register by: Thursday, June 16 **Location:** VMCC, Brightside Room

Level 1: 2–2:45 p.m.

Code: YP-S301

Level 2: 2:50–3:35 p.m.

Code: YP-S302

Beginner Broadway Ages 8–13

Broadway Beginners will receive the tools and experience to become confident, expressing, skillful actors and musicians on the stage. This class will teach acting and dance fundamentals, musical theater solo singing, and auditioning basics.

Dates: Tuesdays, July 19–August 9 **Fee:** \$79

Time: 6:15–7 p.m.

Code: YP-S303

Register by: Tuesday, July 12 **Location:** VMCC, Community Room 1

Future Broadway Stars Ages 13–18

Have you been described as "extra"? Do you carry your own spotlight with you wherever you go? This is the class for you! This class will teach acting and dance fundamentals, musical theater solo singing, and auditioning basics.

Dates: Tuesdays, July 19–August 9 **Fee:** \$79

Time: 7:05–7:50 p.m.

Code: YP-S304

Register by: Tuesday, July 12 **Location:** VMCC, Community Room 1

Contemporary Guitar Level 1 & Level 2

Ages 8–13

Enjoy this beginner's class and hone your impressive guitar skills. These classes are suitable for anyone who would like to brush up on their guitar abilities or is picking up the guitar for the first time. Students must have either completed Contemporary Guitar level 1 or have had previous education in guitar skills. Required equipment: Guitar and pick.

Dates: Wednesdays, July 20–August 10 **Fee:** \$79

Register by: Wednesday, July 13

Location: VMCC, Community Room 1

Level 1: 1:15–2 p.m.

Code: YP-S305

Level 2: 2:05–2:50 p.m.

Code: YP-S306

Open Mic Club Ages 13–18

Workshop your favorite cover songs, original songs, monologues, poetry or whatever comes to mind with other like minded performers! Each week you will get stage time to perform whatever it is you are working on for feedback, video, pictures or whatever you need from the group! Open mic club is a judge free space designed for students with performance experience.

Dates: Thursdays, July 28–August 18 **Fee:** \$79

Time: 6–6:45 p.m.

Code: YP-S307

Register by: Thursday, July 21

Location: VMCC, Brightside Room



EcoElsa Outdoor Education Camps!

Biologist Explorer Camp Ages 7–14

Kids will learn how to observe different animals and collect data about them and their habitats as well as how to report that data as a “citizen scientist.” Camp will include getting to interact with a wide variety of plants and small wildlife like insects, amphibians, snakes, and birds as well as using different scientist tools to do their research and exploring.

Plant Uses Camp Ages 7–14

This class is a combination of biology, science, and history with an emphasis on how to respectfully learn about and from different cultures. We will be covering mostly Indigenous Nations and Europeans while touching on other groups; and how they have used plants for food, medicine, building materials, and for cultural activities throughout history.

Art & Science Ages 6–12

Kids will learn about art mediums through nature and how it connects to different science principles through our activities. Depending on the weather some of the activities we may do are making sustainable nature sculptures, paint & dye color science, fiber weaving, animal footprints, and more!

Outdoor Survival Day Camp Ages 6–14

Kids will leave knowing the rules of three, how to signal and look for help, shelter engineering, fire science and safety, how to collect and treat water, and basic orienteering skills.

Nature STEM Camp Ages 7–14

We will investigate how to build a better marshmallow launcher by studying how different projectiles found in nature. Then put your problem-solving skills and creativity to the test to find a solution to a variety of challenges like earthquake proofing buildings, designing prosthetic limbs, and more!



All camps held at Lion's Park

Fee for all camps: \$68

Register one week prior to start date.

JUNE 15-16

Outdoor Survival Camp

9 a.m.–Noon Code: SC-S170

Biologist Explorer Camp

1-4 p.m. Code: SC-S171

JULY 18-19

Nature STEM Camp

9 a.m.–Noon Code: SC-S172

Plant Uses Camp

1-4 p.m. Code: SC-S173

AUGUST 10-11

Plant Uses Camp

9 a.m.–Noon Code: SC-S174

Nature Art & Science Camp

1-4 p.m. Code: SC-S175

AUGUST 24-25

Biologist Explorer Camp

9 a.m.–Noon Code: SC-S176

Outdoor Survival Camp

1-4 p.m. Code: SC-S177



Canoe, Fish, Hike! Lebanon Hills Regional Park • Monday, June 27

Ages 8–14 Experience the quiet glide of the paddle through the water as you learn and practice basic canoe skills with Dakota County Staff. After, we will eat lunch, fish, and go on a nature hike. Please bring a cold lunch that is peanut free and a drink. Fishing rods are free to rent from Lebanon Hills. Bait is included in fee.

With transportation (from VMCC to Lebanon Hills and back)

Time: 8:30 a.m.–1:30 p.m. **Fee:** \$38 **Code:** SC-S168

*limit to 9 kids only, register soon!

Without transportation

Time: 9 a.m.–1 p.m. **Fee:** \$25 **Code:** SC-S169

*Parents will drop off and pick up at Lebanon Hills.

Directions will be provided.

*limit to 11 kids only, register soon!



Adult Sports

Adult Men's Slow-Pitch Softball League

REGISTER BY APRIL 4!

Adult Athletic Leagues are sponsored by IGH Parks & Rec to develop, promote and regulate adult sports within the City. We are a National Softball Federation sanctioned league. There will be three divisions available, each playing 20 double-header games during the season, as well as league playoffs. A mandatory manager's meeting will be held in mid-April. When registration closes, the Rec Coordinator will contact managers with details on dates. Questions? Al Vandehoef at avandehoef@ighmn.gov or 651-450-2468

Registration open NOW! Entry Fee for all divisions: \$750 plus a \$50 Conduct Fee. The Conduct Fee is refundable.

DIVISION	MAX # OF TEAMS	PROGRAM REG #
Monday Co-Rec	16	AL-S100
Tuesday D	20	AL-S101
Thursday D	20	AL-S102

Register by: Monday, April 4

Location: Rich Valley Athletic Complex

NEW Adult Kickball League

This is a fun, recreational CO-ED league. Seasons consist of a regular season and an end-of-season tournament with 10 games guaranteed. Coed teams play at Rich Valley Athletic Complex on Sunday evenings. Game start times at 6 p.m., 7 p.m., 8 p.m. and possibly 9 p.m. There is no maximum amount of players for a team. However, there must be a minimum of 4 women on a team. All participants must be 18 years of age. Schedule will be finalized and sent to managers after registration closes. Season dates includes 5 regular season nights, two rain make ups and playoffs. End date is approximate.

Don't have a team? You can register as a free-agent by contacting Chelsea at cswiggum@ighmn.gov. The city will attempt to form a team or find a spot for free agents.

Dates: Sundays, June 5–July 31 (No league July 3)

Time: 6–10 p.m.

Team Fee: \$165

Location: Rich Valley Athletic Complex

Code: AL-S331

Register by: Monday, May 22

Improve your game by improving your core — see page 11 for information on CORE FOR PERFORMANCE



Adult Tennis Lessons Ages 18 and older

Find yourself in the game! Have fun, stay in shape and meet new friends while playing the lifetime sport of tennis! All classes taught by USTA-trained instructors.

Beginner: Classes are for those who have little or no tennis experience. Learn the basic strokes and begin to rally. All participants will be given a new Wilson tennis racquet.

Advanced Beginner: Classes are for those who know the basic strokes and are working further on ball tracking, movement and consistency. Players are ready for introductory social match play.

Session 1: Mondays, June 6–July 18, (skip July 4)*

Time: Beginner 6–7 p.m. **Code:** AP-S105

Adv. Beg. 7:15–8:15 p.m. **Code:** AP-S106

Fee: \$67

Register by: Monday, May 30

Location: Oakwood Park

Session 2: Mondays, July 25–August 29*

Time: Beginner 5:55–6:55 p.m. **Code:** AP-S107

Adv. Beg. 7–8 p.m. **Code:** AP-S108

Fee: \$67

Register by: Monday, July 18

Location: Oakwood Park

*Rain make up dates will be determined by USTA instructor.

INVER GROVE HEIGHTS PARKS & RECREATION

E-Sports Leagues!

See page 34 for Adult E-Sports Leagues

PICKLEBALL Ages 18 and older

The fastest growing sport around! Pickleball is a fun, fast activity that combines tennis, ping pong, racquetball and badminton. It is a great way to get a good workout and have fun while doing it.

Pickleball Intro

Learn the basics and try your hand at a volley or two! All equipment is provided. Class size will be small, so register early!

Date: Tuesday, May 24
Time: 6:30 **Code:** AP-S100
 7:30 **Code:** AP-S101
Fee: \$5
Register by: Tuesday, May 17
Location: North Valley Park

Pickleball Instruction

In this class you will learn the rules of the game, techniques in serving, volleying and game strategy. All equipment is provided for classes. In class we will teach strategy and techniques which will advance your game to the next level. Only one rain-out will be made up per session (make-up date is Tuesday, July 9).

Dates: Tuesdays, June 7–28 (make up date July 12)
Time: 6:30–7:30 p.m. Beginner I **Code:** AP-S102
 7:30–8:30 p.m. Advance Beginner **Code:** AP-S103
Fee: \$53
Register by: Tuesday, May 31
Location: North Valley Park



Pickleball Leagues

Our adult pickleball league is a fun, semi-competitive league for teams of two players. Game times and schedule will be determined by the final number of teams that register. Game times are estimates. Min. 8 teams, Max. 12 teams.

Time: 6–9 p.m. **Fee:** \$40 per team
Location: Salem Hills Park

Doubles BRONZE/Beginning Level (2.0-3.0)

Dates: Mondays, June 13 start date **Code:** AL-S104

Doubles SILVER Level (3.0-4.0)

Dates: Wednesdays, June 15 start date **Code:** AL-S105

INVER GROVE HEIGHTS PARKS & RECREATION

HEALTHY LIVING FAIR

Wednesday, April 20, 2022

Healthy You ♥ Healthy Earth

*Discover ways to care for yourself
while caring for our planet!*

9 a.m.–Noon
Veterans Memorial Community Center

Visit vendor booths with information
on adult health and wellness!

ighmn.gov/SpecialEvents

SPONSORED BY
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The Scoop

INVER GROVE HEIGHTS

PROGRAMS FOR ACTIVE ADULTS 55+

Happy Feet Foot Services

On the fourth Tuesday of the month, enjoy a 30 minute appointment with a nurse to receive a foot soak, nail trim, foot massage and treatment. Call to set an appointment at 763-560-5136.

Registration for speakers is required for planning purposes.

SPEAKERS

CareAparent: Planning Ahead

Tuesday, April 5 | Free

Throughout our lives, we plan for the major events and decisions, like whether to go to college, what career we want, and how many children to have, or when to retire. One of the important pieces of remaining independent as we age is planning ahead for when we may not be able to make those decisions or communicate them because of changes to our physical and mental health. CareAparent will present some of these planning options to attendees.

Time: 10 a.m.

Code: AP-P0405

Register by: Friday, April 1

Location: VMCC, Community Room 2

CareAparent: Balance

Tuesday, May 10 | Free

A key way to age safely at home is to avoid falls, and balance is a crucial aspect to prevent them. Learn about how you can maintain or improve your balance at this educational session with CareAparent.

Time: 10 a.m.

Code: AP-S0510

Register by: Friday, May 6

Location: VMCC, Community Room 2

Chat with the Chiefs

Thursday, May 19 | Free

Stop by the Senior Center for coffee and snacks while visiting with the City of Inver Grove Heights Police Chief Melissa Chido and Fire Chief Judy Thill.

Time: 11 a.m.

Code: AP-S0519

Register by: Monday, May 16

Location: VMCC, Community Room 2

Tips From a Master Gardner

Friday, April 22 | Free

Gardening season is right around the corner. Join us on Earth Day to get tips from local garden plot renter and Master Gardner Marsha McCain. Learn the ins and outs of gardening, whether you are just starting out or have been gardening for years. We will discuss how to start your seeds, how to garden in planters or pots, what plants are easiest to grow in a small space, how to start a garden in your backyard as well as tips and tricks to make your garden experience successful.

Time: 10 a.m. **Code:** AP-P0422 **Register by:** Wednesday, April 20

Location: VMCC, Community Room 2

Assisted Living, What Is It?

Tuesday, June 14 | Free

Michael Albertin from Vista Prairie at River Heights will be discussing when you should look, what programs are out there, Veterans benefits and how do you sign up. Don't miss out on this informative session!

Time: 10 a.m.

Code: AP-S0614

Register by: Friday, June 10

Location: VMCC, Community Room 2

Hospice, a Special Type of Care

Tuesday, July 26 | Free

Provides an overview of the basics of hospice and examines common misconceptions about hospice care. This course is designed for anyone who needs more education on the services hospice can provide before it is needed. Offered in cooperation with Ecumen Hospice.

Time: 10 a.m. **Code:** AP-S0726

Location: VMCC, Community Room 1

Register by: Friday, July 22

Good Grief — When Your Loved One Dies

Tuesday, August 23 | Free

Grief is a natural disaster of the heart and comes with many reactions that affect all aspects of life. Coping skills will be discussed and support offered. Offered in cooperation with Ecumen Hospice.

Time: 10 a.m.

Code: AP-S0823

Location: VMCC, Community Room 1

Register by: Friday, August 19

Knitting and Needle Arts/Crafts Group

Second and Fourth Wednesdays of the month | 2 p.m.

Please join this group for a pleasant afternoon of conversation and sharing your love of fiber and textile arts/crafts. The group is free and informal. Please contact Diane Fitzgerald by email if you have questions: dmfbeads@bitstream.net

No registration necessary, just show up! **Location:** VMCC, Community Room 1

Active Adults 55+ programming is provided in partnership with the ISD 199 Community Education Department.



Senior Trips

INVER GROVE HEIGHTS

PROGRAMS FOR
ACTIVE ADULTS 55+



WEDNESDAY, JUNE 8 Rochester Trolley Tour

Hop on the vintage red Rochester Trolleys and enjoy the open-air vehicles allowing for up-close view of public parks, gardens and private homes. Hear the inside story of Rochester's amazing growth and transformation. Highlights include downtown

Rochester, Rochester art Center, Assisi Heights, Mayowood Stone Barn & Mansion, Soldiers Field and more! We will stop for lunch at Victoria's Ristorante featuring made from scratch dishes. Please specify food choice when registering: 1. Baked Mostaccioli, 2. Walleye Sandwich or 3. Chicken Honey Mustard Salad.

Time: Depart VMCC at 8:15 a.m.–Return 3:30 p.m.

Fee: \$86 includes transportation, lunch, and tour

Code: AT-S0608

Register by: Friday, May 6

WEDNESDAY–FRIDAY, JULY 20–22

U.S. Mail Boat Tour in Lake Geneva

Don't miss out on this three day, overnight trip to Lake Geneva, Wisconsin!

Day 1: Stop for breakfast (included) en route to Lake Geneva! Take on the sights, shopping and dining in this popular summer retreat.

Day 2: Narrated cruise features the beautiful mansions on the lake. After the cruise have lunch (included) at one of the popular restaurants. After lunch meet a docent who will escort the group to view the Black Point Estate Gardens, learn about the local history and view one of the largest Victorian furnishings in the Midwest.

Day 3: Travel to North Freedom, WI to visit the Mid-Continental Railway Museum with turn of the century restored passenger and freight cars and locomotives. Have lunch (included) and return at approximately 7:30 p.m.

Watch for a flyer at the Senior Center for more information.

Time: Depart Wednesday, July 20 at VMCC: 7:15 a.m.

Return Friday, July 22: 7:30 p.m.

Fee: \$625 per person (two per room)

\$780 per person (one per room)

Code: AT-S0720

Register by: Monday, May 30



WEDNESDAY, AUGUST 10 Taylors Falls Boat Cruise

See the scenic beauty of the world famous Dalles of the Upper St. Croix river. A bag lunch will be provided by June Berry Cafe. Shop at Eichten's Cheese & Buffalo store.

Time: Depart VMCC at 8:30 a.m.–Return 3:15 p.m.

Fee: \$77 includes transportation, lunch, and cruise

Code: AT-S0810

Register by: Friday, July 15

WEDNESDAY, SEPTEMBER 14

Footloose Chanhassen Dinner Theater

Upon arrival at the dinner theater guests will select from a limited menu including: Entree, salad, vegetable, bread, potato or rice and beverage. After lunch will be the matinee performance of *Footloose* a hit

movie in 1984. When Ren and his mother move from Chicago to a small farming town, he is prepared for the inevitable adjustment period at his new high school. The heartfelt story that emerges pins a father longing for the son he lost against a young man aching for the father who walked out on him. To the rockin' rhythm of its Oscar and Tony-nominated Top Forty score, augmented with dynamic new songs, *Footloose* celebrates the wisdom of listening to young people while guiding them with a warm heart and open mind.

Time: Depart VMCC at 10:30 a.m.–Return 4:45 p.m.

Fee: \$105 includes transportation, lunch, and show

Code: AT-F0914

Register by: Friday, August 12



Fitness

Back to Balance This class is designed for individuals who would like to improve their coordination, posture, gait, balance and strength to improve ease of function for daily activity. Great for post rehab from injury or illness. Walkers and canes are welcome.

Days: Tuesday and Thursdays **Time:** 11:30 a.m.–12:20 p.m.

Try it free April 28

Code: FP-FDP120

Session 1: April 5–28

Code: FP-P120

Session 2: May 3–26

Code: FP-P121

Session 3: June 7–30

Code: FP-S120

Location: VMCC, Fitness Studio

Fee: \$45 Member; \$65 Non-member

Register at least three days prior to avoid \$5 late fee

Food and Fitness Educate yourself to make better food choices. Set goals and hold yourself accountable. Receive support from others on your weight loss journey. Learn low impact workouts. Past participants have lost up to 40 lbs over a 6 month period. Option to attend this class online via Zoom! Class taught by Kayla Wirkus who has a BS in Nutrition and also is a Certified Personal Trainer and Wellness Coach.

Days: Thursdays

Time: 10:10–11 a.m.

Try it free April 28

Code: FW-FDP250

Dates: May 5–June 23

Code: FP-P250

Location: VMCC, Fitness Studio

Fee: \$45 Member; \$65 Non-member

Register at least three days prior to avoid \$5 late fee

Strength Training Circuit Work with a certified trainer in a small group setting to effectively strengthen your muscles. Learn proper format and technique.

Days: Monday/Wednesdays

Time: 10:10–11 a.m.

Try it free April 20

Code: FP-FDP130

Session 1: May 2–June 27 (Skip May 30)

Code: FP-P130

Session 2: July 11–August 31

Code: FP-S120

Location: VMCC, Fitness Studio

Fee: \$69 Member; \$109 Non-member

Register at least three days prior to avoid \$5 late fee

Tai Chi for Arthritis 1 & 2 Session 1: learn the first eight moves of Tai Chi for Arthritis. Session 2: learn the second eight moves of the Tai Chi for Arthritis. Strengthen legs, improve balance and relax!

Days: Monday/Wednesdays

Time: 10:10–11 a.m.

Session 1: May 2–25

Code: FP-P181

Session 2: June 6–28

Code: FP-S180

Location: VMCC, Fitness Studio

Fee: \$45 Member; \$65 Non-member

Register at least three days prior to avoid \$5 late fee

To sign up for fitness: www.ighmn.gov/fitness



IGH Senior Club

Join for the camaraderie and enjoy a side of savings on activities!

The IGH Senior Club is a place for friendship, socializing and entertainment, while participating in interactive and fun activities, including monthly luncheons, weekly card games, holiday party and more!

2022 Membership: \$15 per person We will begin membership renewal for 2023 in mid-October at \$15 per person. The Club is managed by a Board and in partnership with IGH Parks & Rec. **Call 651-450-2585 to sign up or in-person at the IGH Parks and Recreation Office.**

NEW

All Senior Club Luncheons are Members Only!

Senior Club members enjoy the benefit of a monthly luncheon (third Monday of the month at 12–2 p.m.). These luncheons bring together members in a fun, social gathering with entertainment and food. **Registration is required by the Thursday before the luncheon.** Register in-person at VMCC, online at www.ighmn.gov/register or call 651-450-2585.

May 16

- Baked Ziti, salad, toast
- Entertainment by Malt Shop Melodies
- \$14

July 18

- Loyds BBQ, potato salad, ice cream bars
- Speaker
- \$10

June 20

- Chicken from the Coop, cole slaw, au gratin potatoes
- BINGO
- \$10

August 15

- Pork roast, garden salad and veggies
- BINGO
- \$20

55+ Driver Safety Class

The Driver Improvement courses are open to the public; pre-registration is required. A MN Highway Safety & Research Center certified instructor teaches this class. Those who complete the course qualify for a 10% discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training and a four hour refresher class every three years to maintain the discount.

Register:

1-(888)-234-1294 or

www.mnsafetycenter.org

Location: VMCC

4–Hour Refresher Courses: \$24

DAY	DATE	TIME
Tuesday	May 10	1–5 p.m.
Wednesday	May 18	5:30–9:30 p.m.
Tuesday	June 7	1–5 p.m.
Wednesday	July 20	5:30–9:30 p.m.
Tuesday	August 16	1–5 p.m.
Tuesday	September 13	1–5 p.m.
Wednesday	September 21	5:30–9:30 p.m.

The Scoop

Spring-Summer Calendar 2022



NEW Sleeping Mats for the Homeless Project

First Tuesdays of the month | 1 p.m.

Put those plastic grocery bags to good use and keep them out of the landfill by joining us in making sleeping mats for the homeless. Mats are crocheted out of plastic bag yarn (PLARN). Jobs include: cutting (bring your own scissors), sorting and crocheting (please bring your own 16mm or size (Q) crochet hook). Directions will be provided. Mats will be donated to Friday Night Street Gang, an organization that supports the homeless. If you have any questions, email: joann@usfamily.net

May

Inver Grove Heights Active Adults 55+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 500 Cards 1 p.m.	3 Mat Making Group 1 p.m.	4 Hand & Foot 9 a.m. Bridge 12:30 p.m.	5 Euchre 1 p.m.	6 Cribbage 1 p.m.
9 500 Cards 1 p.m.	10 Speaker: Balance 10 a.m. Fiction Book Club 1 p.m.	11 Bridge 12:30 p.m. Crafts Group 2 p.m.	12 Euchre 1 p.m.	13 Cribbage 1 p.m.
16 Senior Luncheon Noon-2 p.m.	17 Penny Bingo 1 p.m.	18 Hand & Foot 9 a.m. Bridge 12:30 p.m.	19 Speaker: Chat with Chief 11 a.m. Euchre 1 p.m.	20 Cribbage 1 p.m.
23 History Book Club 10 a.m. 500 Cards 1 p.m.	24 Happy Feet Foot Service	25 Hand & Foot 9 a.m. Bridge 12:30 p.m. Crafts Group 2 p.m.	26 Euchre 1 p.m.	27 Cribbage 1 p.m.
30 Memorial Day VMCC Closed	31			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June Inver Grove Heights Active Adults 55+		1 Hand & Foot 9 a.m. Bridge 12:30 p.m.	2 Euchre 1 p.m.	3 Cribbage 1 p.m.
6 500 Cards 1 p.m.	7 Mat Making Group 1 p.m.	8 Day Trip: Rochester Trolley Tour Hand & Foot 9 a.m. Bridge 12:30 p.m. Crafts Group 2 p.m.	9 Euchre 1 p.m.	10 Cribbage 1 p.m.
13 500 Cards 1 p.m.	14 Speaker: Assisted Living 10 a.m. Fiction Book Club 1 p.m.	15 Bridge 12:30 p.m.	16 Euchre 1 p.m.	17 Cribbage 1 p.m.
20 Senior Luncheon Noon-2 p.m.	21 Penny Bingo 1 p.m.	22 Hand & Foot 9 a.m. Bridge 12:30 p.m. Crafts Group 2 p.m.	23 Euchre 1 p.m.	24 Cribbage 1 p.m.
27 History Book Club 10 a.m. 500 Cards 1 p.m.	28 Happy Feet Foot Service	29 Hand & Foot 9 a.m. Bridge 12:30 p.m.	30 Euchre 1 p.m.	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July Inver Grove Heights Active Adults 55+				1 Cribbage 1 p.m.
4 Independence Day VMCC Closed	5 Mat Making Group 1 p.m.	6 Hand & Foot 9 a.m. Bridge 12:30 p.m.	7 Euchre 1 p.m.	8 Cribbage 1 p.m.
11 500 Cards 1 p.m.	12 Fiction Book Club 1 p.m.	13 Bridge 12:30 p.m. Crafts Group 2 p.m.	14 Euchre 1 p.m.	15 Cribbage 1 p.m.
18 Senior Luncheon Noon–2 p.m.	19 Penny Bingo 1 p.m.	20 Three Day Trip: Mail Boat Tour Lake Geneva Hand & Foot 9 a.m. Bridge 12:30 p.m.	21 Euchre 1 p.m.	22 Cribbage 1 p.m.
25 History Book Club 10 a.m. 500 Cards 1 p.m.	26 Speaker: Hospice 10 a.m. Happy Feet Foot Service	27 Hand & Foot 9 a.m. Bridge 12:30 p.m. Crafts Group 2 p.m.	28 Euchre 1 p.m.	29 Cribbage 1 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 500 Cards 1 p.m.	2 Mat Making Group 1 p.m.	3 Hand & Foot 9 a.m. Bridge 12:30 p.m.	4 Euchre 1 p.m.	5 Cribbage 1 p.m.
8 500 Cards 1 p.m.	9 Fiction Book Club 1 p.m.	10 Day Trip: Taylors Falls Boat Cruise Hand & Foot 9 a.m. Bridge 12:30 p.m. Crafts Group 2 p.m.	11 Euchre 1 p.m.	12 Cribbage 1 p.m.
15 Senior Luncheon Noon–2 p.m.	16 Penny Bingo 1 p.m.	17 Bridge 12:30 p.m.	18 Euchre 1 p.m.	19 Cribbage 1 p.m.
22 History Book Club 10 a.m. 500 Cards 1 p.m.	23 Speaker: Good Grief 10 a.m. Happy Feet Foot Service	24 Hand & Foot 9 a.m. Bridge 12:30 p.m. Crafts Group 2 p.m.	25 Euchre 1 p.m.	26 Cribbage 1 p.m.
29 500 Cards 1 p.m.	30	31 Hand & Foot 9 a.m. Bridge 12:30 p.m.	August Inver Grove Heights Active Adults 55+	

HISTORY BOOK CLUB

Mondays | 10 a.m. | VMCC

Meets every fourth Monday of the month at the VMCC from 10–11 a.m. Discuss selected books with this free, drop-in group, **no registration is required**. For more information or to provide book suggestions, contact Barbara Eschle at 651-450-6879 or by email at quinneschle@gmail.com. Note: Room location will be posted in the VMCC on day of club.

- April 25** *The First Conspiracy – The Secret Plot to Kill Washington*
by Brad Meltzen
- May 23** *Into the Arms of Strangers: Stories of the Kindertransport*
by David Cesarani
- June 27** *Five Equations that Changed the World – The power and poetry of mathematics*
by Michael Guille
- July 25** *The Warm of Other Suns: The Epic Story of the Great Migration*
by Isabel Wilkerson
- Aug. 22** *Dodge City: Wyatt H. Earp, Bat Masterton and the Wickedest Town in the West*
by Thomas Clavin

FICTION BOOK CLUB

Tuesdays | 1 p.m. | VMCC

This group meets every second TUESDAY of the month at 1 p.m. at the VMCC. Note: Room location will be posted in the VMCC on day of club. Learn more about the Senior Club and how to join above.

- April 12** *Where the Crawdads Sing*
by Delia Owens
- May 10** *The Great Alone*
by Kristen Hannah
- June 14** *Beneath the Scarlet Sky*
by Mark Sullivan
- July 12** *Before We Were Yours*
by Lisa Wingate
- August 9** *A Fall of Marigolds*
by Susan Meissner



Inver Wood Golf Course

Explore and experience all that is Inver Wood Golf Course, including the recently remodeled driving range and bunkers!

Inver Wood's 27 holes sit on 225 acres of rolling, wooded terrain. The championship course offers 18 challenging holes that utilize the areas natural



geography. Features such as multi-level fairways, multiple tee stations, varied U.S.G.A. shaped greens and many picturesque holes that will challenge your golf game as well as your senses. Inver Wood also offers an executive nine-hole course which is among the finest in the state that is enjoyable for golfers of all ages and skill levels.

Inver Wood's driving range is uniquely designed with two fairways, along with strategically placed greens and bunkers that add more of an "on course" feel that allows the golfer to work on all facets of their game on an actual golf-hole environment.

INVER WOOD GOLF COURSE | 1850 70th Street | 651-450-4320 | Visit www.inverwood.org for more information.

2022 Junior Programs

Junior Group Lessons *(max. of 10 students)*

These lessons will teach the developing junior golfer the basic concepts of the set-up, full swing, chipping and putting. Emphasis will be on providing a fun, action-filled learning environment. Etiquette and safety will also be covered.

DAY	DATE	AGES	TIME	FEE
Mon. or Wed.	May 2–June 1	8-10	4-5 p.m.	\$80
Mon. or Wed.	June 6–July 6		4-5 p.m.	\$80
Mon. or Wed.	July 11–Aug. 10		4-5 p.m.	\$80
Mon. or Wed.	Aug. 15–Sept. 14		4-5 p.m.	\$80
Tue. or Thu.	May 3–June 2	11-14	4-5 p.m.	\$80
Tue. or Thu.	June 7–July 7		4-5 p.m.	\$80
Tue. or Thu.	July 12–Aug. 11		4-5 p.m.	\$80
Tue. or Thu.	Aug. 16–Sept. 15		4-5 p.m.	\$80

FREE! Junior Golf Clinics Ages 8–17

Try golf or improve your skill! These clinics are open and offered free of charge. You do not need to register in advance.

Fridays, 9–11 a.m. (during open season)
June 10, 17, 24 and July 1, 8, 15

Junior League Ages 11–17

Wednesdays, June 15–July 20

For the junior player that has played golf in the past, this organized league will be played on the Executive and Championship Courses on Wednesday mornings.

Entry Fee: \$15 (includes prizes and awards)

Weekly Green Fee: \$12 (Executive); \$16 (Championship)

Tee Times: May book tee-times one week in advance of play. Reservations will be taken over the phone or in person beginning at 7 a.m. Tee times will run approximately from 8-10 a.m. on the Executive Course and from 8-9 a.m. on the Championship Course.

YOUTH ON COURSE PROGRAM

Inver Wood is now a member of the national "Youth on Course" program which allows Junior golfers, who register with the program, to play golf on our Executive Course for only \$5

When: Everyday after 11 a.m.

Register at: www.youthoncourse.org

2022 Adult Programs

Adult Group Lessons *(max. of 10 students)*

The Inver Wood Adult Group Lesson program will focus on providing a fun and informative learning atmosphere to help each student develop as a golfer. Emphasis will be on improving full swing and short game technique. Other topics will also include: golf course etiquette, safety, practice routines and on-course playing strategy. These lessons are open to both beginning golfers and students who have some playing experience.

Spring Session: May 2–June 1

Summer Session I: June 6–July 6

Summer Session 2: July 11–August 10

Fall Session: August 15–September 14

Fee: \$120 for 5 one-hour classes

Time: Monday, Tuesday or Wednesday at 6 p.m.

FREE! Women's Golf Clinics

These clinics are open to all women. You do not need to register in advance. Clubs will be provided, if needed. Please meet on the east side of the Clubhouse.

Saturdays, 9-10:30 a.m.

April 23: Full Swing

April 30: Short Game

May 14: Full Swing

May 21: Short Game

June 4: Full Swing



2022 Green Fees

Fees are for walking the greens, and do not include carts

WEEKDAYS

Monday-Thursday until 5 p.m.
Fridays until Noon
Saturdays & Sundays after Noon

18-Hole: \$39
9-Hole: \$22
Player's 18-Hole: \$33.50
Player's 9-Hole: \$19
Senior/Junior 18-Hole: \$28
Senior/Junior 9-Hole: \$16
Executive: \$16.50
Player's Executive: \$13.50
Senior/Junior Executive: \$12

Cart Fees*

18-Holes: \$21
9-Holes: \$13.50
Executive: \$8
Senior 18-Holes: \$15.50
Senior 9-Holes: \$11.50
Senior Executive: \$7.50

EVENINGS

Seven days a week
after 5 p.m.

Twilight: \$29
9-Hole: \$21
Player's Twilight: \$23
Player's 9-Hole: \$18.50
Senior/Junior Twilight: \$19
Senior/Junior 9-Hole: \$15
Executive: \$16
Player's Executive: \$13
Senior/Junior Executive: \$11.50

Cart Fees*

Twilight: \$16
9-Holes: \$13.50
Executive: \$8
Senior Twilight: \$12.50
Senior 9-Holes: \$11.50
Senior Executive: \$7.50

WEEKEND PRIME

Fridays Noon until 5 p.m.
Saturday, Sundays &
Holidays until Noon

18-Hole: \$46.50
9-Hole: \$31
Player's 18-Hole: \$39
Player's 9-Hole: \$22
Senior/Junior 18-Hole: \$35.50
Senior/Junior 9-Hole: \$24
Executive: \$20
Player's Executive: \$16.50
Senior/Junior Executive: \$12.50

Cart Fees*

18-Holes: \$21
9-Holes: \$13.50
Executive: \$8
Senior 18-Holes: \$15.50
Senior 9-Holes: \$11.50
Senior Executive: \$7.50

**Rates are per rider and are in addition to the Green Fees above.*

Family Golf

The Executive Course will be set up each weekend with a special set of family tee markers and easy pin placements in order to provide the perfect setting for your family to enjoy the game of golf together. A family scorecard is available at the Golf Shop or at the Starter.

When: Friday, Saturday and Sunday; All day

Fee: Children ages 7–18 play free with each paid adult Executive Course green fee. See above for rates.

Private Lessons

Full-time PGA golf professionals are available to serve your instructional needs.

Junior Lesson: \$35; Adult Lesson: \$45

FootGolf Program!

FootGolf is a unique way to enjoy time on a golf course by playing a new, exciting sport that combines the skills of golf and soccer. The sport is played much like a traditional golf game with the player kicking a ball from the starting tee area to the hole, which is a 21 inch diameter hole marked with a flag. The goal is to complete the course using the fewest kicks. Players select a starting tee area based on skill level. The holes played vary in both length and difficulty based on the teeing area chosen by players. Players may elect to play a 9 or 18 hole round.

When: Monday–Thursday, Noon–5 p.m.
Friday–Sunday, Noon–Close

Cost: Adult: \$12 • Youth: \$10 • Ball Rental: \$3



For membership and additional course information, call 651-450-4320 or visit www.inverwood.org

Things to do in our Parks

www.ighmn.gov/parks



Disc Golf Course

This exciting sport, where frisbee and golf skills come together, is available at our North Valley and South Valley Parks. There are 18 holes spread between the two parks.

Fee: \$5 day pass;
\$30 Resident Season Pass;
\$40 Non-resident Season Pass

Location for parking:

North Valley Park
2800 70th Street East
www.ighmn.gov/discgolf

Passes for the
Disc Golf Course
are available online at
www.ighmn.gov/register
under activity registration
or at the Parks and
Recreation office
651-450-2585.

Off-leash Dog Park is Open Year-Round
and offers large and small breed areas.



HERITAGE VILLAGE PARK 4321 65th Street

Fees: First dog \$20 Resident; \$30 Non-resident
Second dog additional \$15 Resident; \$25 Non-resident

Get Your Pass Today!

www.ighmn.gov/dogpark

Remember to pick up after your pet — Scoop the Dog Poop!



Pickleball Courts

New Pickleball Courts are available at
NORTH VALLEY PARK 2800 70th Street East (6 courts)
SALEM HILLS 1642 Upper 55th Street East (2 courts)

Courts are available for open play from dawn to dusk.

See [page 42](#) for pickleball league information.



Did you know?

that IGH has the following park amenities available?
visit www.ighmn.gov/parks for details!



38 miles
of NATURAL
and PAVED
trails

4.3-mile
MOUNTAIN
BIKING COURSE
AT HARMON
PARK
RESERVE



Four
FISHING
LOCATIONS

IGH Skate Park



Check out the Inver Grove Heights Skate Park, located behind the Veterans Memorial Community Center. Skate park is open to the public at no cost.
Hours: 9 a.m. to sunset

Adopt a Park

Would you, your family, civic group, church or school organization like to get involved to help keep our parks beautiful?

Contact Diane Erickson at 651-208-4840 for details!

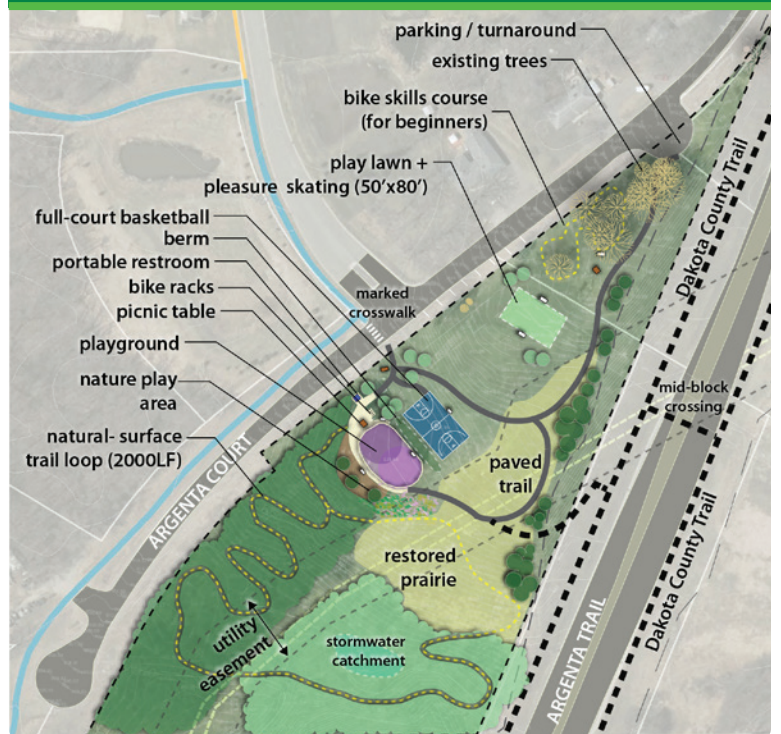


Grand Opening of Vista Pines

Join us to celebrate the newest park in the Northwest Area. Snacks and beverages provided.

Tuesday, August 23 • 6-7:30 p.m.

Ribbon cutting event at 6:30 p.m. • 7500 Argenta Court



Park Shelter Rental & Rich Valley

www.ighmn.gov/parkrentals

Park Shelter Reservations

Picnic Perfect Parks! For specific details on shelter locations, visit www.ighmn.gov/parkrentals

Time blocks for rental are 11 a.m.–4 p.m. and/or 5–10 p.m. To make a reservation or for specific park locations, call the Parks and Recreation Department office between 9 a.m.–5:30 p.m. Monday–Thursday, and 9 a.m.–5 p.m. on Fridays at 651-450-2585 or visit www.ighmn.gov/parkrentals. Refunds are not given in the event of rain or inclement weather.

2022 Rates

TYPE	PARK	FEE	DEPOSIT
Resident	Swing Bridge Park	\$110	\$50
Resident	All Other Parks	\$70	\$50
Non-Resident	Swing Bridge Park	\$110	\$50
Non-Resident	All Other Parks	\$90	\$50



Rich Valley Athletic Complex

Rich Valley Athletic Complex is a premier, fully irrigated outdoor athletic facility consisting of baseball, softball and soccer fields. The complex can accommodate youth and adult sporting events and tournaments of varying sizes. The complex has six softball fields (four lit), three grass baseball fields and four non-lit soccer fields. Contact the Coordinator at 651-450-2588 to make reservations for your sporting event. www.ighmn.gov/richvalley



Discover the refreshed Thompson County Park.

New all-abilities play area. More picnic spaces. Paved lakeside trail with lights.

www.dakotacounty.us/parks, search *parks and trails*





Parks & Facilities

Park Hours: 6 a.m.–10 p.m.

Picnic Shelter	Enclosed Shelter	Playground	Trails (P=Paved, N=Non-paved)	Baseball/Softball Fields	Soccer Fields	Basketball	Tennis Courts/Striped for Pickleball (lights)	Tennis Courts/Striped for Pickleball (no lights)	Pickleball Courts (no lights)	Sand Volleyball Court	Hockey Rinks (lights)	Pleasure Rink	Sliding Hill	Horseshoe Pits	Barbeque	Fishing	Disc Golf Course	Skate Park	Parking Lot	Restrooms (P=Portable, I= Indoor, A=ADA accessible)	Off-Leash Dog Park
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NEIGHBORHOOD PARKS

1	Arbor Pointe Park: 8545 Cahill Ave.			X	P																
2	Broadmoor Park: 11306 Stratford Lane			X	P, N																
3	Dehrer Park: 4085 Dehrer Way																				
4	Ernster Park: 7750 Dickman Tr.			X	P	X				X				X						P	
5	Lions Park: 2423 65th St. E.	X		X	P										X	X				P	
6	River Front Park: 7782 River Road														X	X			X		
7	Salem Hills Park: 1642 Upper 55th St. E.			X	P	X			X	X									X	P	
8	Seidl's Lake Park: 2655 47th St. E.			X	P											X					
9	Simley Island Park: 3110 80th St. E.	X			P											X			X		
10	Sleepy Hollow Park: 3645 84th St. E.			X	P					X											
11	Southern Lakes Park: 10810 Alison Way			X	P	X							X							P	

NEIGHBORHOOD PLAYFIELD

12	Groveland Park: 1990 46th St.		X	X	P	X			X			X	X						X	I, P	
13	North Valley Park: 2800 70th St. E.				P	X				X							X		X	P	
14	Oakwood Park: 3534 78th St. E.	X	X	X	P	X			X	X			X	X		X			X	I, P	
15	Skyview Park: 6765 Dawn Ave.		X	X	P		X	X	X			X	X						X	I, P	
16	South Valley Park: 2810 70th St. E. (Renovations potentially starting Aug. 1)	X	X	X	P, N	X						X	X		X		X		X	I, P, A	
29	Vista Pines Park: 7500 Argenta Court (Opens Summer 2022)			X	P, N							X	X							P	

COMMUNITY ATHLETIC COMPLEX

17	Rich Valley: 1841 105th St. E.	X	X	X	P	X	X	X		X					X				X	I, P, A	
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SPECIAL USE AREA

18	Veterans Memorial Community Center: 8055 Barbara Ave.	X		X														X	X	I, P	
19	Inver Wood Golf Course: 1850 70th St. E																		X	I, P	

CONSERVANCY LAND

20	Harmon Park Reserve: 1642 Upper 55th St. E.				N																
21	Marianna Ranch: 9125 Alvarez Ave.				N																
22	River Heights Park: 8780 Inver Grove Trail				N																
23	Woodland Preserve: 11666 Azure Ln.				P																
24	Marcott Woods: 2890 96th St.																				

LINEAL PARK/GREENWAY

25	McGroarty Park: 2200 62nd St. E.				P											X					
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COMMUNITY PARK

26	Heritage Village Park: 4321 65th St.				P														X	P	X
27	Swing Bridge Park: 4465 66th St. E.	X			P										X	X			X	I, P, A	
28	Old Town Hall: 6701 River Road																				

COMMUNITY CENTER FACILITY RENTAL



Let us host your next event!

Veterans Memorial Community Center is home to a variety of rooms and spaces which are available to rent. If the space you are interested in isn't listed or if you would like a customized price quote, please contact the Rental Coordinator at 651-450-2468.

2022 RENTAL FEES (includes tax) THROUGH DEC. 31, 2022

FACILITY	FEE RESIDENT/NON-RESIDENT	
Nat'l Guard Room B, C	\$37/\$47 per hour	
Community Room 1, 2, 3	\$42/\$52 per hour	
Nat'l Guard Gymnasium – Athletic Use	\$69/\$79 per hour	
Nat'l Guard Gym – Non-Athletic Use	\$90/\$100 per hour	
Nat'l Guard Gym – Wedding Package	\$900/\$1,300 per day	
Water Park	\$250–\$320 per hour	Minimum of two hour rental
Lap Pool – Entire Pool	\$80/hour	Minimum of four hour rental
Diving Well/Pool	\$90 per hour	
Swim Meet	\$170.50 per hour	
Ice – East and/or West Rinks	Call 651-450-2468 for rates	
Turf – West Rink	\$90/\$100 per hour	
Fitness Studio	\$55/\$65 per hour	
Cycle Room/TRX Room	\$40/\$50 per hour	
Lobby Room	\$42/\$52 per hour	

Private Pool Rental

This time is a unique way to enjoy the features and amenities the aquatic center has to offer without the hustle and bustle of other visitors. This rental allows you to rent one or more of our pools for a minimum of two hours for the exclusive use of you and your guests. Rates are dependent on season and market demand. For more information, call Aquatics Coordinator, Maddy Rosewood, at 651-554-3423 or be email at mrosewood@ighmn.gov

Sports/Athletic Rentals

Our National Guard Gymnasium is the perfect place to hold your sports event. The large gymnasium floor can accommodate sports clinics, scrimmages and practices. View the grid for pricing information. We also rent out the fitness studio, cycle and TRX rooms for athletic and team training needs.

Weddings and Large Events

Let VMCC host your next large event. The National Guard Gymnasium is a great blank canvas for your creative décor. This area is ideal for dances, reunions, concerts, wedding receptions and other large events. The facility also contains a serving kitchen. Contact 651-450-2468 or email Al Vandehoef at avandehoef@ighmn.gov for more information. Visit www.ighmn.gov/rentals to download the rental application forms.

Meeting Space

We have an array of rooms to host your next association meeting, business seminar or local gathering. Six meeting rooms are available for rent to any group or individual. We offer flexibility and A/V options. Prices are on an hourly or a daily basis. Rates may vary; please see grid for details. A rental application and payment are required to complete the reservation process. Visit www.ighmn.gov/rentals for more information and to complete the rental application.

Parties and Gatherings

We have the right-size room for your next party or gathering available for rent to any group or individual. Children's birthday parties and retirement parties are welcome. We offer the option to bring in your own food, beverages and decor depending on the size of your party. A clean up kitchen is also available. Prices are on an hourly or a daily basis. Rates may vary, view rates in the grid. A rental application and payment are required to complete the reservation process. Visit www.ighmn.gov/rentals or call 651-450-2468 for more information and to complete the rental application.

Ice Arena and Turf Rental

VMCC has two ice arenas available for hourly rental. East Rink is available year round. West Rink is available for ice from November through February, then is available as indoor turf from March through mid-October. Visit www.ighmn.gov/ice to see the master arena schedule or call 651-450-2468.



BIRTHDAY PARTY



VETERANS MEMORIAL COMMUNITY CENTER

8055 Barbara Avenue
Inver Grove Heights, MN 55077

POOLSIDE PARTY

Party packages include:

- Private party room on deck or adjacent to pool deck
- 90-minutes in pool and birthday room (concurrent)
(You are welcome to stay and swim after your party time)
- Plates, cups, napkins and utensils
- Birthday Party Host
- Up to 20 people (adults and children)
- Larger party sizes available
- Special additions to party package available

AVAILABILITY & RATES



BOOK ONLINE!

www.ighmn.gov/birthdayparties

Pool Parties are available Fridays, Saturdays and Sundays.

Base Rate: \$250 Theme Party Rate: \$325 (Member discount available)

*Additional dates and times may be added by request. (Price change for parties with dates beginning June 1)

Have your party make
an extra splash...
choose a theme:

Theme parties include these additional items:
Decorations, selfie station for photos, and
specialty plates, cups and napkins.



Beach
Bash



Exclusive Water Park Rental Available

Questions? Call 651-554-3423
or birthdays@ighmn.gov



Looking for a Summer Job?

WE OFFER GREAT BENEFITS! • Competitive Wages • Flexible Schedules • Free membership to VMCC Aquatic & Fitness Center

YOU:

Energetic, reliable and experienced. Interested in working in a fun, team environment!

US:

Looking for dynamic team players with great people skills that we can add to our team!

Come to the IGH Parks & Rec Job Fair! Tuesday, April 12: 3–7 p.m.

The events are perfect for those looking to gain employment, as Parks & Recreation staff will be conducting interviews, assisting with application completion and onboarding new hires (contingent on a background check) at the VMCC lobby!

SUMMER & YEAR ROUND JOB OPENINGS:

- Fitness Attendants, Fitness Instructors, Personal Trainers
- Lifeguards, Swim Instructors, Pool Attendants
- Skate Guard Supervisor
- Skating Instructors
- Childcare Attendants
- Guest Service Workers

SUMMER JOB OPENINGS:

- Recreation Leaders: Youth Day Camp Counselors – Kids R.O.C.K.
- Youth Sports Instructors (softball and others)
- On-call Program/Event Assistant
- Park Maintenance Staff
- Golf Course Staff

Check out our jobs online at ighmn.gov/jobs



Must pre-register to participate! www.ighmn.gov/events

Spring Egg Hunts

★
FREE!
★

EGG HUNT

Saturday, April 9

Ages 3–10; accompanied by an adult

1–1:15 p.m. | Ages 3–4 | FA-P341

1:30–1:45 p.m. | Ages 5–7 | FA-P342

2–2:15 p.m. | Ages 8–10 | FA-P343

Register by Saturday, April 2

Rich Valley Athletic Complex
Soccer Field Entrance



AQUA EGG HUNT

Sunday, April 10

FEE: \$5

Register by Sunday, April 3

Wave 1: 10–10:45 a.m. | Code: Wave 1

Wave 2: 11–11:45 a.m. | Code: Wave 2

FLASHLIGHT EGG HUNT

Friday, April 8 | 8:30 p.m. | FA-P240

Register by Friday, April 1 | Ages 10–13

Must be accompanied by an adult

Rich Valley Athletic Complex
soccer field entrance

EGG HUNT COLORING CONTEST

Entries are due by Saturday, April 9

Sponsored by Heartland Credit Union.

Outdoor egg hunts are held in light rain or snow, but not if lightening or heavy downpour is happening!

INVER GROVE HEIGHTS PARKS & RECREATION

HEALTHY LIVING FAIR

Wednesday, April 20, 2022

SPONSORED BY **Humana**

KIDS GARAGE SALE!

SAT., APRIL 30 10 A.M.–NOON

VMCC GYMNASIUM

Come support young entrepreneurs!
Shop from local participants for great deals and to help
kids make decisions on their own, learn money
management and gain confidence! Cash only, please!

IN PARTNERSHIP WITH MENDOTA HEIGHTS & WEST ST. PAUL PARKS & RECREATION



TOUCH-A-TRUCK

**Saturday,
May 21**

9:30–11:30 a.m.

VETERANS MEMORIAL COMMUNITY CENTER
North Parking Lot 8055 Barbara Avenue

Join us for a morning of big truck fun!

See a wide variety of different trucks and vehicles up close. Vehicles on display will include: IGH Police, Fire, Public Works, Dakota County, Commemorative Air Force MN, HealthEast Medical, and more!

ICE CREAM AVAILABLE FOR PURCHASE!

Interested in participating?

Contact Rachel at rmikel@ighmn.gov



Movie in the Park Moana

**Friday, June 17
Oakwood Park**

3534 78th St. E.
Inver Grove Heights
(78th and Clayton)

Movie will begin
at dusk.

Bring a blanket, chair,
snack, and drink.

Ice cream available
for purchase!

Rain back up date:
Thursday, July 7



Huck Finn Fishing Derby for all ages!

Saturday, June 11

Set the hook into some fishing fun with our Huck Finn Fishing Derby.

We'll have fishing contests for the largest fish, smallest fish and most fish caught! Prizes are awarded for tournament winners and each participant receives a fishing goodie bag. *Register early, space is limited!*

Time: Check-in: 9-9:15 a.m. • Derby: 9:30-11 a.m.

Location: Simley Island Park

Cost: \$5/person | **Code:** FA-S340 | **Register by:** Friday, June 3



ST. PAUL Farmers Market

**Sundays, 8 a.m.–1 p.m.
June 12–October 9**

**VETERANS MEMORIAL COMMUNITY
CENTER PARKING LOT
(8055 BARBARA AVENUE)**



Shop for fresh and locally grown vegetables, fruits,
seasoning, salsa, honey, flowers and more!

For more information on vendors and guidelines to safely
shop the Farmers Market, visit: stpaulfarmersmarket.com

Interested in SPONSORING an IGH Parks & Rec event?

Sponsoring an event or program hosted by
Inver Grove Heights Parks & Recreation allows
your business to connect with the City's residents in a
unique and beneficial way.

We would love to partner with you. Please contact Julie
Dorshak at jdorshak@ighmn.gov or 651-450-2588 to discuss
how we can build a stronger community — together!

www.ighmn.gov/sponsor





TERRIFIC TUESDAYS



FREE EVENTS

South Valley Park • 10:30 a.m.

2810 70th Street East, Inver Grove Heights

Join us at South Valley Park park for family-friendly entertainment with a variety of musical and educational performances, storytelling, and more! Bring a blanket, chair, snack, and water bottle. Stick around after to play at the park, walk the trails or have lunch! Concerts are 45 minutes in length. Safety measures will be in place including social distancing and available hand sanitizer.

In the event of inclement weather, call the Parks and Rec Weather Hotline at 651-450-2595. BACKUP LOCATION IS VMCC (8055 Barbara Avenue).

June 21 — Kidpower with Rachael Music and Animal Show

June 28 — The Bazillions

July 12 — Rosewood Puppets

July 19 — Will Hale and the Tadpole Parade

July 26 — Talewise: Pirates Lost at Sea

Concert series sponsored by the City of IGH Parks and Recreation Department and River Heights Arts Alliance

Visit www.ighmn.gov/specialevents for performer details and possible additions!



The Bazillions



Kidpower with Rachael Music & Animal Show

NIGHT to UNITE!
Neighbors Joining Together

SAVE THE DATE!

Night To UNITE
Tuesday, August 2

Let us help your neighborhood celebrate! Parks & Recreation staff will come to your party and pass out some freebies while visiting with you and your neighbors.

TO APPLY FOR A VISIT, GO TO
www.ighmn.gov/nighttounite

When you register your party, you will have the opportunity to also request police and/or fire visits to your gathering.

Pre-registration is required. Please watch our website and social media pages for registration deadline.

Questions? Call 651-450-2585

Harmon Farms TRAIL RUN

Challenge yourself on this great 5-mile and 10-mile trail run at Harmon Park Reserve. Wind along the forested trails of this exhilarating mountain bike trail.

Saturday, September 17

8 a.m. » 10 Mile Race | 8:10 a.m. » 5 Mile Race

Register by Saturday, September 10
Fee: Pre-registration \$30 | On-site: \$40
Participants receive official race swag!

MORE INFORMATION AND TO REGISTER:
www.ighmn.gov/harmonfarmsrun



LET'S PAWTY DOG HALLOWEEN DOG PARK EVENT
happening again this fall! More information coming soon!





Food Truck Days

AND FAMILY ACTIVITIES

Stop by to purchase a snack, sweet treat or dinner from a variety of food vendors and join in some family fun!

THURSDAYS

JULY 21 AND AUGUST 18

4:30–7 p.m. • Rich Valley Athletic Complex

★ **FEATURING DJ ON AUGUST 18**

Are you a food vendor looking to participate in an IGH Food Truck Day event? Visit www.ighmn.gov/foodtruckdays or contact Chelsea Swiggum at 651-450-2580 or cswiggum@ighmn.gov

NEW IGH Days Food Fest Wednesday, September 7 at the VMCC, 5:30-8 p.m.

Events are held in light rain or shine but not if lightening or heavy downpour is happening!



CDC and MDH guidelines will be followed.



Inver Grove Heights Parks & Recreation
8055 Barbara Avenue, Inver Grove Heights, MN 55077
Phone: 651-450-2585

City of Inver Grove Heights

Mayor: Tom Bartholomew

City Councilmembers:

Brenda Dietrich
Sue Gliva
John Murphy
Rosemary Piekarski Krech

PARKS & RECREATION COMMISSION:

Niki Barker	Sandra Christensen	Derek Schwanz
Curt Ellingboe	Elaine Prickel	Kari Miller
Wilfred Krech	Steve Cook	

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